

Central Kansas Mental Health Center

Highlights of 2017

Better Access, Better Quality, Better Outcomes

Martin Youth Center assisted 172 youth in its first full year!

- Families were successfully kept together, reducing the need for out of home placements. Managed care organizations reported a lower rate of youth Emergency Room visits and hospitalizations.
- Crisis stabilization provided 4,072 more hours of service this year.
- Youth Suspension Program offers an alternative for suspended students. They keep up on their school work and address behaviors and skills to prevent further suspensions.
- Respite care provides needed breaks for youth and their families while working to resolve behavior and relationship challenges. Provided 9,800 more hours of service this year.

Severe and Persistent Mentally Ill Adults (SPMI) achieved great success

- 217 adults achieved and/or maintained independent living through our intensive community case management program.
- 32 formerly homeless individuals achieved independent living housing through our Programs to Assist in Transitional Housing (PATH) program.
- 59 adults achieved meaningful employment through our Community Support Services (CSS) and Employment Support programs.
- 13 adults gained disability rights status due to a severe emotional impairment. This provided access to community resources needed to recover and live independently.
- CKMHC joined a partnership with 5 community agencies to reach out to the homeless.

Crisis Interventions increased by 36% this year

- Our 24/7 Crisis Team works around the clock to respond quickly and use individualized interventions that work. Our team **diverted 58% of crises in 2017** from hospitalization. Local ERs and law enforcement have also reported a positive difference. This has been especially helpful in rural areas.

Implemented on-site services into 13 additional schools

- Taking our services directly into our communities increases access to mental health care for kids/families by decreasing barriers such as transportation, stigma, work schedules, lack of family support, etc. We also worked with the Salina Truancy Intervention Team with several community partners to reduce the Salina truancy rate to one of the lowest in the state at 2%.

Highlights cont'd

Saline County Jail Partnership is curbing costs and helping inmates

- Inmates receiving mental health services at the Saline County jail: 58% remained out of jail for at least 90 days. This reduction in recidivism saved taxpayers \$165,524.

Access to psychiatric medication and evaluation

- By integrating with Primary Care Physicians and utilizing telemedicine, it would be difficult to find anyone in the state that can match CKMHC ability to offer a psychiatric medication appointment within 3 days. We appreciate local family doctors who have collaborated with us to make this possible.
- Medication management services increased 11% in 2017.

Quest Lab Draw Site opened in August

- Salina now has a Quest Lab draw site available for CKMHC clients and for thousands of State employees in the region who did not have access to this benefit. The lab provides access to free and reduced lab costs. It also helps to achieve optimal medication dosages to gain the most therapeutic benefit as prescribers receive lab results quicker.

192 high-risk youth participated in skill building groups

- These youth learned social emotional self-regulation skills. This resiliency training allows youth to effectively cope with adverse or traumatic experiences in their life.

Healing through Art Program initiated with great success

- CKMHC utilized art to promote quicker recovery and better outcomes. Youth art projects were displayed at the Salina Public Library and the adult art projects were honored to be displayed on the Kansas Christmas Tree in Washington DC. We are thankful to our community partners who helped make this happen.



Highlights cont'd

CKMHC Staff providing the highest quality of service

Staff received more training and learned strategies using new research proven to get great results and help people improve their quality of life. A few examples include:

- **Three therapists became Certified in Trauma Focused Cognitive Behavioral Therapy.** This exciting model is highly acclaimed and will make a big difference in people's lives.
- **Our Certified Play Therapist offers consultation** to staff as needed to assist with early childhood trauma, non-verbal communicators, prevention and early intervention.
- **Advanced supervision is provided to clinical staff** at no cost to attain highest licensure status in their field of expertise. Internships are also available for young professionals.
- **A world renowned expert in Post-Traumatic Stress Disorder provided training** for our therapists. This powerful training by Dr. Meichenbaum will help a large population including veterans.
- **We brought in a Psy.D certified in Anxiety Treatment.** Dr. Callis taught cutting edge best practices and exposure therapy.
- **Children's Case Managers received training in Conscious Discipline** which is effective in teaching youth and parents how to improve self-regulation, self-worth, and other prosocial behaviors needed to be successful at home and at school.
- **Psychological assessment clinicians received updated training** in psychological testing and evaluation.
- **All staff are offered annual training in Managing Aggressive Behavior (MAB).**

Increased access to intensive waiver services

- Approximately 50 youth and their families were added to the state waiver program in 2017. This removes financial barriers and wraps the family with supports to effectively reduce high risk behavior.

Expanded onsite services for St. Francis youth group homes

- Partnering with St. Francis, more youth were reintegrated into natural family homes. Out of 12 only 2 needed to re-enter the system which equates to a 83% success rate.

Giving back to the Community

- **CKMHC provided 105 free education presentations** on Mental Health. Examples: parenting classes, impact of social media on teens, suicide prevention training, postpartum care, communication with your child, and much more.
- **Free Depression/Anxiety screenings** were advertised and offered in the five counties that we serve. These were offered 18 times throughout the year which exceeds our monthly goal.
- **Mental Health First Aid** —We broke our annual record in the number of classes provided this year. Overall we have graduated nearly 800 participants, resulting in many community members trained and ready to effectively respond to persons experiencing mental health issues.

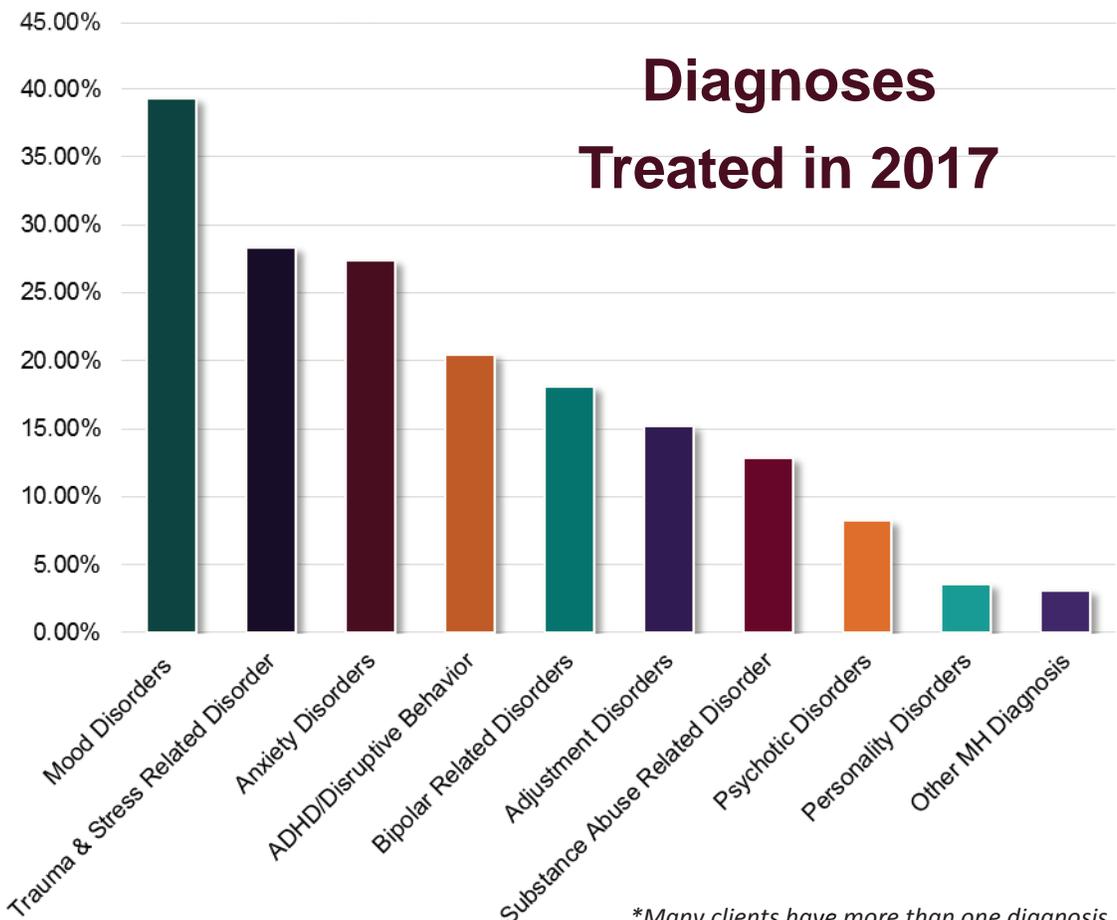
Broke records in services provided

- CKMHC provided 93,248 hours of service compared to 85,435 hours in 2016 (9% increase).

Who We Serve

Clients Served	
0-5 yrs	112
6-12 yrs	594
13-17 yrs	628
18-29 yrs	711
30-49 yrs	1,076
50-64 yrs	651
65+ yrs	147
Total	3,919

Hours of Service by County	
Saline	72,998
Dickinson	12,631
Ellsworth	2,408
Ottawa	3,152
Lincoln	1,127
Other	932
TOTAL	93,248



What People are Saying

From Our Clients...

“I just want to thank everyone at CKMHC for never giving up on me and helping me when I was at my lowest point and hopeless. It’s been a long journey, but I no longer feel hopeless. Thank you!”

“The Crisis Center is incredible. Thank you!”

“Since my son’s experience at the Martin Youth Crisis Center, he has been much more open with his communication, and he lets us know when he is not feeling safe...it’s become his safe place.”

“Everyone is so understanding. Great service, fast, easy, and painless. Thank you!”

“My adult son spent a number of years in a VA hospital before I brought him to Kansas. The CKMHC program SAVED his life—he has a good job and the help he got was the greatest. I am indebted to you and have referred a lot of people to your program.”

“I’ve had a lot of people help me in my life but CKMHC employees are the best.”

From Our Community Partners...

“Your facility and staff provide a much needed support to our families and students. We appreciate what you do.”

~Educational Administrator

“Your team has been great to work with.”

~Managed Care Organization Auditor

“What a difference you are making in our community”

~Health Department Administrator

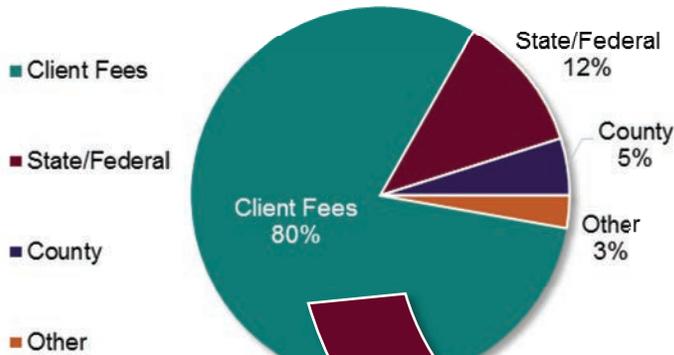
“The case managers at CKMHC are warm and compassionate and develop a genuine relationship with their clients. They go out of their way to make sure their clients have the resources they need.”

~Local Program Director



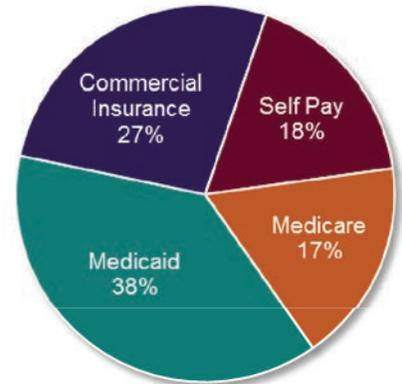
2017 CKMHC Financial Summary

Revenue \$8,189,384



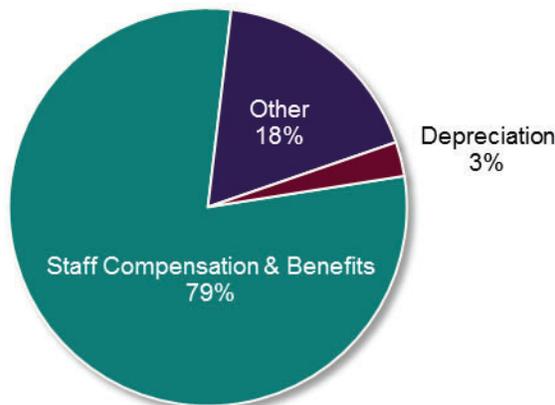
Client Fees

(percentage of clients by primary payor)



■ Medicaid ■ Commercial Insurance ■ Self Pay ■ Medicare

Expenses \$7,789,544



■ Staff Compensation & Benefits ■ Other ■ Depreciation

“Everyone at CKMHC has been very accommodating. Thank you all so much for what you do for me and the way you have handled it.”

~ Client

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:

- As a Community Mental Health Center, we are a non-profit organization serving as the designated local Mental Health Authority for Dickinson, Ellsworth, Lincoln, Ottawa, and Saline counties. Revenue is reinvested to meet the needs of the communities we serve rather than to generate profits. Examples include our Martin Youth Center Crisis House for youth, pharmacy and lab services, new evidenced based practices that resulted in great client 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, in community locations. These include psychiatric supportive treatment, social skills groups, supported employment, respite, mobile crisis services, liaisons for other systems of care such as state hospitals, 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. In 2017, we passed them all with 100% success and no recoupments.
- 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.

2017 Board of Directors

Becky Gassman

Jerome Hellmer

Lynn Peterson

Diana Shaft*

Julie Lemons

Mike White

Terry Finch

**former board member*

Doug Stefek

LaVeda Montgomery

Carol Viar

Proudly Serving for over 50 Years

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

CKMHC Outpatient Services

PREVENTION/EDUCATION

- Community Education
- Mental Health First Aid
- Free Depression/Anxiety Screenings
- Educational Literature
- Suicide Awareness & Prevention (ASIST, etc.)

THERAPY

- Individual Therapy
- Family Therapy
- Play Therapy
- Group Therapy
- Medication Management
- Evaluation and Intervention
- Telehealth

ADULT COMMUNITY 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

CRISIS STABILIZATION

- Screening/Assessment
- Crisis Case Management
- Crisis Therapy
- Crisis Attendant Care
- Diversion Follow-up
- 24/7 Mobile Crisis Service

YOUTH COMMUNITY SERVICES

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

MARTIN YOUTH CENTER

- Youth Crisis House
- Suspension Program
- Respite Care
- Behavior Stabilization

Our Mission:

*To Make Life Better in Our Communities
by Providing Excellent Mental Health Services, Education,
and Integrated Health Care Which Exceeds Clients' Expectations*

Our Locations:

Salina: 809 Elmhurst Boulevard

Abilene: 420 NE 10th St
Lincoln: 114 W Court St

Ellsworth: 1603 Aylward Ave
Minneapolis: 817A Argyle Ave

Kathy Mosher, Executive Director

www.ckmhc.org

Invest in Your Community

Dear Supporter,

We appreciate the great support we receive from our local communities and donors in all five of our counties for over 50 years. We honor the trust you place in us by continuing to do more to promote safety and wellness in our communities. We undergo frequent on and offsite audits and state licensing reviews to ensure quality.

Your support is vital to our success. If you would consider joining our efforts with your tax-deductible contribution, it would greatly benefit those we serve. Other ways to support us at no cost to you include:

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

Thank you!

Yes! I want to contribute to the work of Central Kansas Mental Health Center!

- \$25 \$100 \$500 Please check if you wish your donation to remain anonymous
 \$50 \$250 Other Amount _____

Make check payable to: Central Kansas Mental Health Center

809 Elmhurst Blvd, Salina, KS 67401

Name _____

Address _____

City _____ ST _____ Zip _____

Email _____ Phone _____

Please charge my credit card:

Card type _____ Card # _____

Exp. Date _____ Signature _____