

# 2017 ANNUAL REPORT



**south central mental health**

HELPING TO SHAPE PROMISING FUTURES

## Investing in Healthy Communities

Growth in services continued in 2017. This appears to reflect higher amounts of psychological distress experienced not just in South Central Kansas, but in the country as a whole. Anxiety and depression rates have been on the rise among High School students nationally since 2012. According to the National Institute of Mental Health, 30% of girls and 20% of boys had an anxiety disorder in 2015. The data cut across all demographics- suburban, urban and rural as well as all socio-economic groups. It is suggested that these numbers are in fact underestimates because teens are not likely to seek help or even report difficulties to their parents. When asked why they don't report emotional struggles to their parents, teens stated that they do not want to add to what they perceive as already over stressed parents. In addition, we are in the midst of an opioid epidemic with over 64,000 people dying each year from overdose, about the same number of people killed in the entire Vietnam, Iraq and Afghanistan wars combined.



In spite of these disheartening numbers, there are pockets of emotional well-being in our country. That doesn't mean the absence of mental illness. Rather, it's the presence of positive emotions that allows us to be resilient in the face of adversity. The researchers who publish the annual World Happiness Report found that most of human happiness is driven by five key elements. First, an individual's basic needs for safety, food, and shelter must be met. Secondly, we must engage in physically healthy activities that include eating nutritiously and getting adequate sleep and exercise. Third, we must have close friends and someone to love. Fourth, we must have a purpose or meaning for our life. Finally, we must live in a community where people are socially connected to one another.

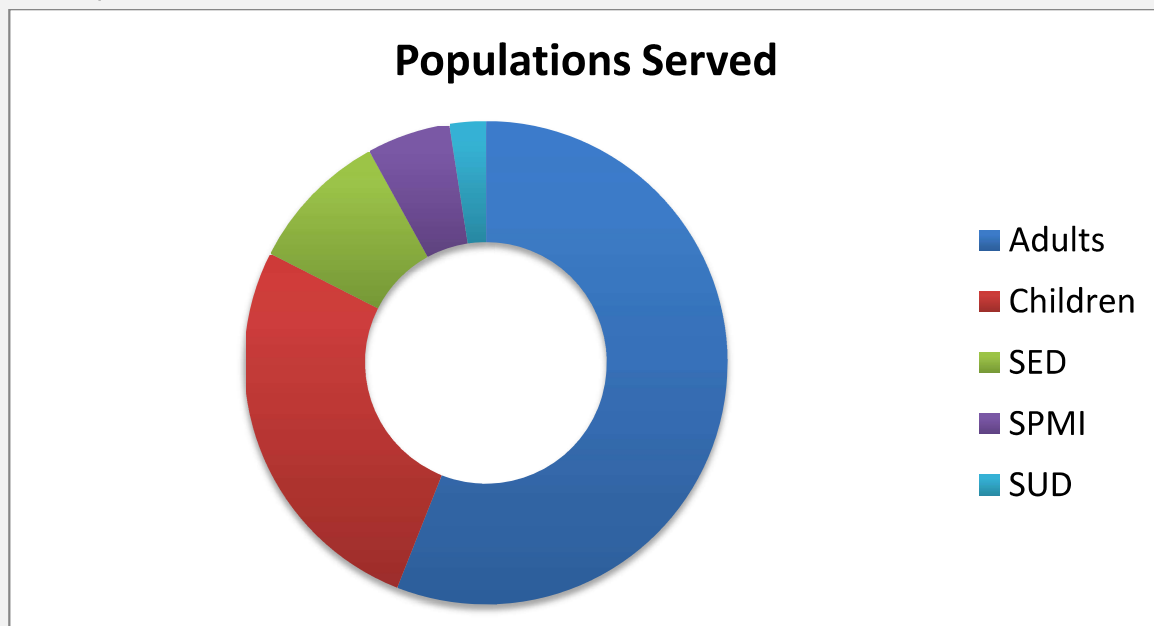
Our Butler County communities are already great places to live and we have the necessary elements to create exceptional communities. We have a multitude of charitable organizations that are committed to helping our most vulnerable citizens meet their basic needs and devoted citizens that help support these organizations. Likewise, our city and county governments continue to support the development of local businesses; parks; and recreational venues that increase our social connectedness. We have excellent local hospitals and physicians that are dedicated to our physical health. As a community mental health center, SCMH is focused not just on treating mental illnesses as they occur but in doing our part to help create emotionally healthy and resilient communities.



## Services

The Center had a 13% increase in persons entering our clinics for services in 2017. We served a total of 3,795 people that compiled a total of 113,352 visits. 36% of those served were children below the age of 18. The majority of persons treated were for diagnoses of anxiety or depression. 409 children treated had Severe Emotional Disturbances (SED), a 31% increase from the previous year. 2,192 parent support and intervention trainings were provided to the caregivers of SED children.

225 adults with Severe and Persistent Mental Illnesses (SPMI) were served in 2017, an increase of 8.9% from 2016. In addition to medication management and rehabilitation services that assisted them in developing and maintaining meaningful lives in their communities, we provided 1,645 interventions that supported the SPMI clients in obtaining competitive employment. 92 persons were admitted to services for a substance use issue (SUD). We provided 447 crisis intervention services over the course of the year.



We also provided an extensive amount of education, consultation, and support to our communities and partners. Our intensive parenting class series are 12 to 32 hours in length and were provided throughout Butler County in 2017. A total of 352 parents received these classes free of charge. 1,512 children between the ages of 2 months to 5 years were administered social-emotional developmental screens with the help of our local physicians. Through the Health Department, 377 new and expectant mothers were screened for perinatal depression. Suicide awareness training was provided free of charge to the teachers and staff of several of our school districts. Mental Health First Aid training was provided for various law enforcement agencies and other civic groups. One or two-day Alcohol and Drug classes were offered on the weekends throughout the

year. We implemented Y link, a program devoted to developing young leaders that will provide peer support and education regarding mental health to youth in our communities. A subsidiary group of Y Link for the parents of SED children has the goal of developing adult advocates that can educate others about the needs of SED children.



## Financials

Revenue over expenses was 6.6% for the year, below our 8%-12% goal that was needed to keep pace with inflation, infrastructure needs, and program development. Higher than anticipated workforce increases drove expenses up. That growth contributed to a 23% increase in the cost of staff training and an associated loss of productivity due to staff down time.

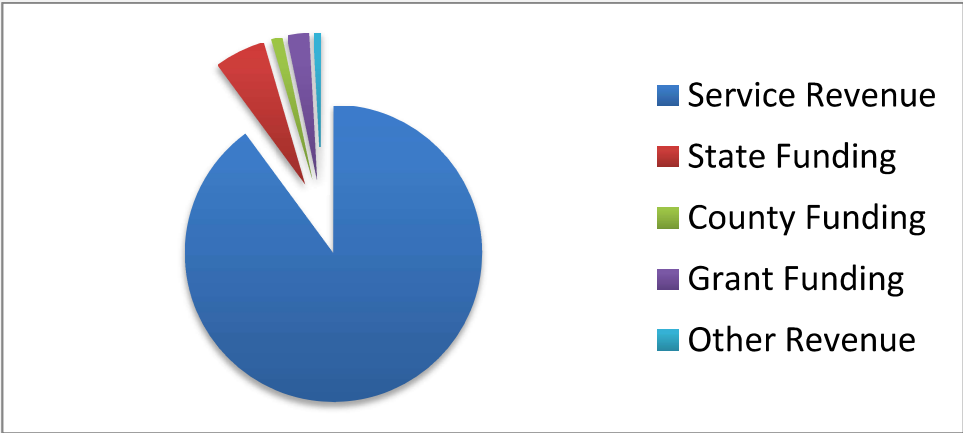
Persons without insurance accounted for 18.2% of visits overall and 42.4% of SUD visits. The average sliding scale fee cost for these visits was \$10.46. \$769,906 was written off for these services. 30.6% of our Severe and Persistent Mentally Ill population had no insurance and were provided all of their services free of charge.



# Revenue and Expenses

## Revenue, Gains and Other Supports

Service Revenue	\$7,247,627
State Funding	\$450,000
County Funding	\$100,000
Grant Funding	\$196,944
Other Revenue	\$68,303
<b>Total Revenue</b>	<b>\$8,063,449*</b>



\*Year End, Unaudited

## Expenses

Programs and Services	\$6,699,414
Administration/Support	\$862,534
<b>Total Expenses</b>	<b>\$7,561,948*</b>



**Programs and Services**

- Adults
- Children
- Crisis
- Community Education
- Medication
- Rehabilitation



**Administration/Support**

- Salaries
- Professional Fees
- Staff Trainings
- Licenses
- Infrastructure



## Board of Directors

Ann Carpenter, President  
El Dorado

Charles Hart, Vice-President  
Andover

Cathy Cox, Secretary/Treasurer  
Augusta

Amanda Danninger  
Augusta

Teren Allen  
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Don Roberson  
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Darrell Whitney  
El Dorado

Linda Baines  
El Dorado



*Community is much more than belonging to something; it's about doing something together that makes belonging matter.*

## Management Team

Dan Rice, Executive Director

Trisha Smith, Operations Director

Trever Krehbiel, Medical Director

Iris Pauly, Clinical Director

Ammie Mboule, Community Support Services Director

Tim Hein, Community Based Services Director

