



Helping Promising Futures to Shape



2015 Annual Report

Executive Summary

Early in my career as a psychologist I worked at a small psychiatric hospital in San Diego that targeted the uninsured population. A man in his late 50's had been referred by a homeless shelter for symptoms of severe depression. I came to learn that the man had been a successful building contractor and that he had donated significant amounts of materials and man hours in building the large, state of the art homeless shelter in which he and his wife had been residing. The man's wife had developed severe heart problems and after insurance coverage was cancelled, the man went through the couple's savings, sold his contracting business and eventually their home in order to pay for the medical expenses for his wife's care. The stress of his wife's illness and his increasing financial struggles contributed to the development of his depression and the reoccurring thoughts of suicide. The shame he felt, (often attached to depression), kept the man from contacting his two sons, who lived out of state, regarding the couple's situation.

Research has shown us that "protective factors" such as socio-economic status, education level, lifestyle and family/social connectedness to others can greatly reduce the negative impact of mental illnesses and speed recovery. Unfortunately, as the above story illustrates, psychological/emotional illnesses can also corrode those protective factors. 20% of the US population has a diagnosable mental illness in any given year but there is a 10 year delay between the first onset of symptoms and first treatment. Stigma undoubtedly contributes to this delay. Over 70% of persons referred by their physician for mental health treatment do not follow through.

Community Mental Health Centers are the safety net for individuals that are uninsured or underinsured. We do not refuse services for inability to pay. We are also the first point of contact for most persons experiencing a psychological crisis. Local physicians, hospitals, schools, law enforcement and the judicial system depend upon us to assist them with the variety of behavioral health concerns that they face daily. In spite of a loss of over \$23 million to the CMHC system over the past 8 years, South Central Mental Health has continued to fulfill our mission of providing high quality behavioral health care regardless of ability to pay. We have been providing these services to individuals from all walks of life for over 50 years.



Services

The Center served a total of 3,818 people with a total of 86,599 services in 2015. 1,459 or 38.2% of those served were children below the age of 18. South Central Mental Health does not refuse anyone services due to inability to pay. 13,855 or 15.9% of the services provided at the center were to individuals without insurance at an average cost of \$7.11 per service. 20% of our Severe Mentally Ill population had no insurance coverage and received all of their services for free.

Medical Services

The medical department at South Central Mental Health Center has continued to grow and evolve. Our Medical Director, Trever Krehbiel, has taken a "team approach" to the medical coverage of our patients. He, along with four nurse practitioners and 3 registered nurses take care of the growing psychiatric needs of our clients. In addition, the team is committed to the training and development of registered nurses and nurse practitioners completing academic coursework by providing opportunities for valuable field experiences. The department performed medical evaluations and provided follow up to 1,909 patients during the year. The medical team is using ancillary tools such as laboratories, genetic testing, advanced urine testing, as well as ongoing collaboration with staff throughout the center to ensure our patients get the proper medications for their various mental illnesses. In addition, the medical department has provided oversight for our Health Home department as well as the Health home for Flinthills Services and Sumner County Mental Health. The team also provided oversight

SERVICES PROVIDED

- ▲ INDIVIDUAL, FAMILY AND GROUP THERAPY
- ▲ PARENTING AND OTHER EDUCATIONAL CLASSES
- ▲ 24/7 EMERGENCY AND CRISIS STABILIZATION SERVICES
- ▲ CASE MANAGEMENT
- ▲ CRITICAL INCIDENT/STRESS DEBRIEFING
- ▲ HOSPITAL LIAISON SERVICES
- ▲ PSYCHIATRIC AND MEDICATION MANAGEMENT SERVICES
- ▲ PEER SUPPORT
- ▲ ATTENDANT CARE
- ▲ RESPITE CARE
- ▲ MENTAL HEALTH FIRST AID
- ▲ SUBSTANCE ABUSE SERVICES
- ▲ SUPPORTED EMPLOYMENT
- ▲ THERAPEUTIC PRE-SCHOOL
- ▲ PSYCHOLOGICAL TESTING
- ▲ SUPPORTED EDUCATION
- ▲ ALCOHOL AND DRUG INFORMATION SCHOOL
- ▲ HOSPITAL AFTER CARE AND COMMUNITY RE-INTEGRATION
- ▲ CHILDREN'S AFTER SCHOOL AND SUMMER PROGRAMMING
- ▲ DOMESTIC VIOLENCE PROGRAM
- ▲ PARENT SUPPORT
- ▲ MEDICAL CARE COORDINATION

and staffing for the medical department at Sumner County Mental Health.

Clinical Services

Out-patient clinical services are offered at clinics located in Andover, Augusta and El Dorado. In addition, services can be provided at alternative locations such as the client's home or school in situations that make getting to a clinic difficult. Crisis services are provided at alternative locations throughout the county. Our services are available for everyone in our communities from individuals needing guidance and support for typical life struggles to persons experiencing a major life crisis or struggling with a major mental illness. In addition to traditional individual, group and family therapy services, our clinicians offer the community educational classes on such issues as parenting, anger control and substance abuse. All persons under the age of 22 entering services in 2015 were screened for substance use. The center offers psychological evaluations to assist our community partners with treatment planning or intervention options and to assist other providers with diagnostic clarity. We provided 180 face to face interventions to individuals in our Butler County communities experiencing a psychological crisis in 2015. The Clinical team is made up of psychologists, marriage and family counselors, social workers and child therapist specialists. South Central Mental Health is an American Psychological Association approved internship program for new Ph.D. Psychologists entering the field. In addition, we provide training for practicum students obtaining a Masters Level degree from our state universities.



“One of the most important things you can do on this earth is to let people know they are not alone.”
— Shannon L. Alder

Community Based Services for Children

This program serves children from pre-school age through high school that are at risk for removal from their homes because of behavioral or psychological issues. This past year, 300 children received services in the home, school or other locations outside of our clinics. Half of these children

demonstrated substantial improvement and graduated out of services during the year. We added a crisis case manager position in 2015 that has assisted in decreasing our hospitalizations; foster care placements; and PRTF admissions. We continue to perform well above the state average on outcomes for children with Severe Emotional Disorders. Still, we continue to look at ways of improving the services we offer by providing intensive educational trainings to our staff throughout the year.

Community Support Services for Adults

The CSS Department serves individuals with Severe and Persistent Mental Illnesses. The focus of the program is to help these individuals achieve an improved quality of life that is most evident by ensuring adequate housing, employment, social and educational opportunities, with the ultimate goal of recovery. 222 individuals were provided services in this program in 2015. The department continues to provide a variety of evidence based practices including Strengths Based Case Management; Supported Employment; and Integrated Dual Diagnosis Treatment (Substance Addiction and Severe Mental Illness) in order to provide the highest quality of care available for our most fragile patients. Our state outcomes for this population continue to be at the top on these measures.

Health Homes

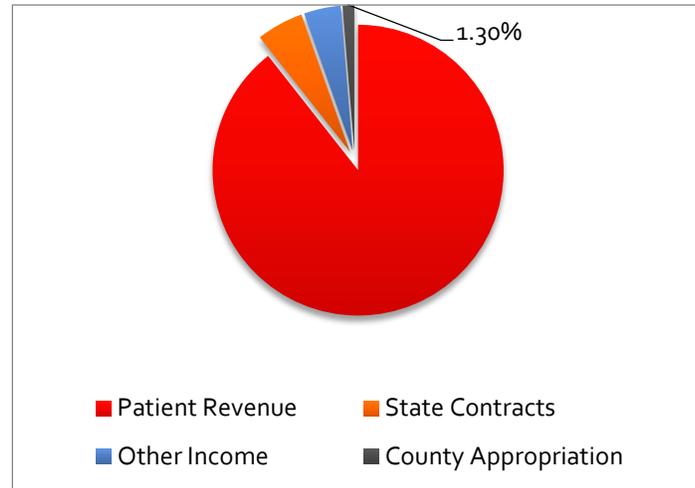
Our Health Homes program focuses on the physical health of persons with severe mental illnesses. Data indicates that this population dies at significantly younger ages than the general population. In spite of this fact, they tend to incur huge medical costs because they do not access medical care appropriately or in a timely manner. Care managers educate individuals on health risks and proper self-care of issues such as diabetes; COPD and obesity. Staff also assisted clients in navigating the healthcare system in order to obtain specialty health care and assistance and eliminating obstacles in scheduling and attending health care appointments. The program helped in immediately reducing hospitalizations and emergency room visits and our staff were able to improve compliance of health provider recommendations. We are confident that the improving health of these individuals will result in significant savings to the state Medicaid program over the long term.



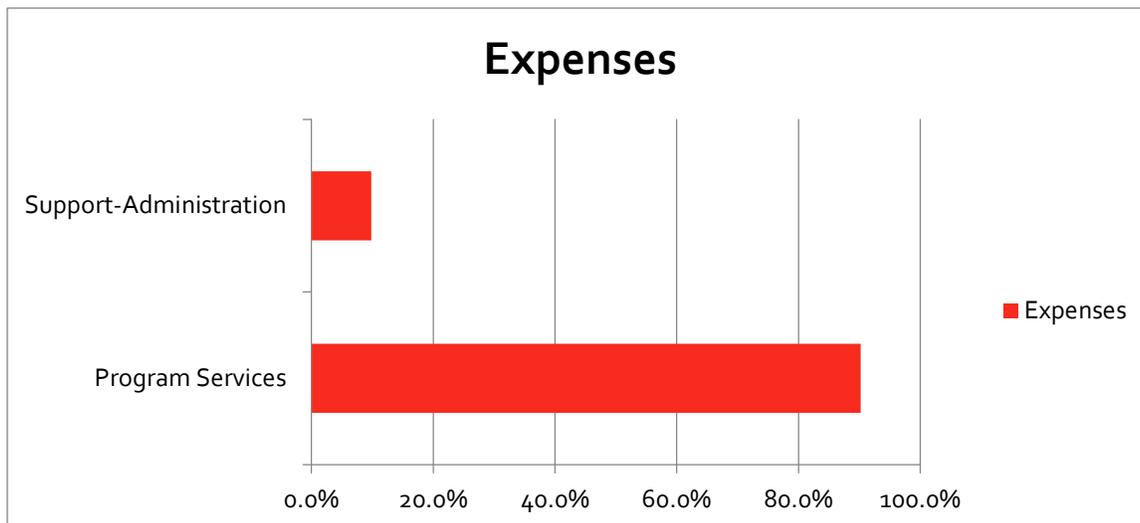
Revenue and Expenses

Revenue, Gains and Other Supports

Patient Revenue \$6,695,307
 State Contracts \$ 392,380
 Other Revenue \$ 307,152
 Butler County \$ 100,000
Total Revenue \$7,494,839



EXPENSES	\$	% OF TOTAL EXPENSES
PROGRAM SERVICES		
• CLINICAL	\$1,581,238	23.0%
• MEDICAL	\$ 806,532	11.8%
• CHILDREN-SED SERVICES	\$2,061,784	30.0%
• ADULT-SPMI SERVICES	\$1,735,059	25.4%
SUPPORT-ADMINISTRATION	\$ 676,132	9.8%
TOTAL EXPENSES	\$6,860,745	100%



Leadership Teams

Management Team

Dan Rice, Executive Director
Rick Blevins, Financial Manager
Trevor Krehbiel, Medical Director
Iris Pauly, Clinical Director
Ammie Mboule, Community Support Services Director
Trisha Smith, Health Home Director
Tim Hein, Community Based Services Director

Board Members

Darrell Whitney, President
Charles Hart, Vice-President
Keith Geist, Treasurer
Ann Carpenter, Secretary
Cathy Cox
Pat Stapleford
Sherrill Herndon-Carper
Amanda Showalter
Teren Allen

County Commissioners

District 1	Jeff Masterson
District 2	Peggy Palmer
District 3	Ed Myers
District 4	Mike Wheeler
District 5	Dan Woydziak

Our Mission:

To provide quality mental health services that empowers individuals, families and communities to shape promising futures.

Our Vision:

Exceptional care that results in a meaningful difference.

El Dorado Clinic

524 N. Main
El Dorado, KS 67042
321-6036

Andover Clinic

217 Ira Ct
Andover, KS 67002
733-5047

Augusta Clinic

2821 Brookside Dr.
Augusta, KS 67010
425-0073

Administrative Offices

520 E Augusta Ave
Augusta, KS 67010
775-5491



Helping to Shape Promising Futures

Visit our web page at
www.scmhcc.org