

# 2021

## ANNUAL REPORT

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# A WORD FROM THE CEO



Despite the frustrations of the on-going pandemic, I was truly encouraged during 2021 as I watched our staff and other stakeholders find new ways of utilizing their skills, talents, and unique gifts to serve south central Kansas.

Having worked alongside MHA's incredible employees for 27 years, it is no surprise to me that our team continues to grow, to adapt, and to display their passion for our mission each and every day. It is for this reason - and so many more - that I am honored to have been given the opportunity over the last several years to lead the Mental Health Association of South Central Kansas into the future.

As our region slowly returns to a semblance of normalcy, I find the word "hope" on my lips and in my mind on so many occasions every day. I see more and more faces in the hallways and in our offices, and I hope that our staff can continue demonstrating the resiliency that I have seen and heard from them over the last two years, and that I am doing all I can to support them.

I hope that those who need help are seeing and hearing our message of recovery for stronger individuals, families, and communities.

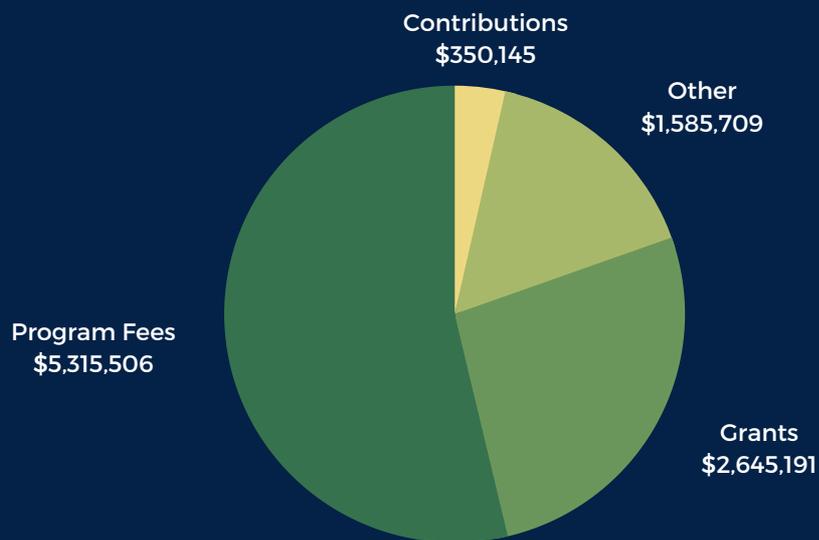
I hope that the raised profile of mental illness brought about by Covid-19 can continue to be at the forefront of the minds of our supporters, and that our corporate partners will consider mental health as it has been for physical health for decades.

I hope that the stigma of mental illness can be broken down through education, familiarity, and awareness.

And I hope that everyone who needs mental health care will be able to receive it, without regard for their financial circumstances, and without fear of embarrassment or shame from those who lack understanding.

This year, we report on initiatives launched and successes achieved during 2021. We end the year and move into the next with unmitigated hope; hope of all of these desires and so many more. And we know that with your support and investment, these hopes will be realized not only for south central Kansas but for all those around the world.

# FINANCIAL OVERVIEW



## 2021 BOARD OF DIRECTORS

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# ADULT AND CHILDREN'S SERVICES

During 2021, a program called “Money Follows the Person” moved nine people back into their own residence from nursing care. Program staff helped those individuals identify and secure a safe home in their community, assisted in obtaining necessary household items and furniture, provided guidance in developing a household budget, and ensured community supports as needed for living independently.

MHA’s One Care Kansas program – a case management service designed to address both the physical and mental needs of participants – started with four individuals and ended the year having served 150 people. The success of this offering has garnered state-wide recognition for its innovative approach to service delivery.

# PREVENTION AND FAMILY SERVICES

MHA's Prevention Programs utilize proven practices to at-risk youth in schools throughout Sedgwick County. The COVID pandemic and closure of schools had a significant impact on these programs which were generally unable to operate until the Fall semester of this year. Programming includes:

- Gender-specific programs (Girl Empowerment and Boys 2 Men) which focus on relationships, communication, goal setting, and decision-making; and have been proven to increase commitment to school and decrease violence and (justice involvement). MHA received funding from United Health Care to restart the Boys 2 Men program. The two programs provided services to 80 youth.
- The Pathways program celebrated it's 30th year of providing services to our local at-risk youth. The program focuses on skill building, conflict resolution, healthy relationships, and problem solving while providing education to reduce incidents of delinquency, truancy, violence, and substance use. The program served 798 youth this year.
- PATHS for Kids is an early intervention and violence prevention program which promotes emotional and social competencies and reducing aggression and acting-out behaviors in elementary aged children. The program had been placed on hold during the height of the COVID pandemic and we were excited to see it return to service in the fall to serve 83 youth.
- MHA partnered with United Health Care to begin the KYNCS program. The new youth-led program will focus on peer-to-peer relationships, leadership, skill development, continuing education, and volunteerism. The program is set to begin at two local high schools in the Spring semester of 2022 (January).

# RESIDENTIAL CARE

Residential Services utilizes a recovery-focused approach. Services are designed to assist consumers to gain the necessary skills to transition into independent living. Treatment plans are created in conjunction with the consumer to support his or her recovery, enhance quality of life, reduce symptoms, restore or improve functioning, and support community integration. The intent is for persons participating in services to move toward optimal use of natural supports and self-help, gain greater control of their lives, increase participation in the community, gain greater self-sufficiency or slowing of the declines associated with aging, and build greater choices.

Our 2 group home programs were able to help and provide services to 30 individuals in 2021. We were also able to do this having one group home closed for most of the year due to a fire in the summer of 2021. The group homes were constructed through Housing and Urban Development (HUD) 811 Capital Advance Agreement in 1991. The group homes are licensed as non-medical residential care facilities through the State of Kansas. They provide a positive personal development experience designed to help each resident achieve goals based on personal needs and strengths which can lead to successfully living in the community. Our service personnel work with each resident to develop a learning program based around individual needs.

The MHA Group homes were constructed through Housing and Urban Development (HUD) 811 capital advance agreement in 1991. The group homes are licensed as non-medical residential care facilities through the State of Kansas. The homes provide a positive personal development experience designed to help each resident achieve goals based on personal needs and strengths which can lead to successfully living in the community. One Group Home was closed since July of 2021 due to a non-injury fire. The program served 30 individuals in 2021.

# RESIDENTIAL CARE

Residential Care offers a full continuum of services to assist those living with mental illness to secure safe and stable housing. Construction of the two MHA group homes was made possible through the Housing and Urban Development 811 Capital Advance Agreement in 1991, and are state-licensed as non-medical residential care facilities. The homes provide a positive personal-development experience designed to help each resident achieve their individual goals based on personal needs and strengths, and ultimately lead to successful community re-integration. One group home was temporarily closed in July of 2021 due to a non-injury fire. The program served 30 individuals this year.

Residential Care's emergency shelter for homeless veterans - Emporia House - housed 117 people in the Wichita area during 2021. Emporia House has capacity to serve up to 25 veterans at a time while they work with our case managers to secure permanent housing and receive assistance in meeting participant-driven goals. MHA works closely with the Robert J. Dole VA Medical Center to identify those in-need of this housing opportunity.

# OUTPATIENT SERVICES

MHA's Outpatient Clinic offers therapy, addiction treatment, and medication services to youth, adults and families, and seniors with the goals of decreased symptoms, a higher quality of life, and an overall enhancement of mental health. With this goal in-mind, the clinic was remodeled this year to accommodate a new SPRAVATO clinic. SPRAVATO is a ground-breaking medication for those who experience treatment-resistant depression which is administered under clinical supervision. This new intervention has yielded positive results for clients which we hope to expand next year.

MHA's School-based Therapy program expanded in 2021 to provide services to 43 schools in Wichita and several surrounding areas. Since starting in 2008, results have shown that basing our therapists in area schools offers teachers with an enhanced ability to offer resources for their students who are experiencing behavioral changes as an early sign of mental health concern. Providing these resources enables MHA and our partner schools to keep mental health issues from turning into mental illness later in life.

MHA Partnered with the Sedgwick County Department of Corrections, and the State of Kansas, to provide support and expand the Batterer's Intervention Program (BIP). The purpose of this program is to hold perpetrators of domestic violence accountable, create non-violent behavior alternatives, and provide safety for victims.

# AGING, YOUTH AND FAMILY SERVICES

The Senior Companion volunteers provided more than 35,000 hours of companionship and respite care to home-bound seniors at no cost to the program recipients, ensuring that these individuals safely remain in their homes in accordance with their desire to age-in-place.

The Retired and Senior Volunteer Program (RSVP) of Sumner County expanded the non-emergency transportation program by more than 300% this year. This one unique program provides free transportation to individuals in Sumner County for often life saving medical appointments in Wichita.

MHA was a proud partner of the Kansas Department for Aging in the Kansas Behavioral Health Integration Into Schools program. The program focuses on improving the mental health of youth affected by natural disasters in 2019, through the provision of education for students, school personnel, and the community. This year, MHA provided education to nearly 2,200 individuals across the State of Kansas.

The Youth and Family Stabilization Services program, funded by Kansas Department of Children and Families, is designed to strengthen and stabilize families by providing hands-on training for relationship skills, workforce readiness, and life skills. This was MHA's first year offering the program, during which we served 19 individuals.

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