



# 2022

## ANNUAL REPORT

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# MHA

of South Central Kansas

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Empowering Lives. Impacting Community.

# A WORD FROM THE CEO



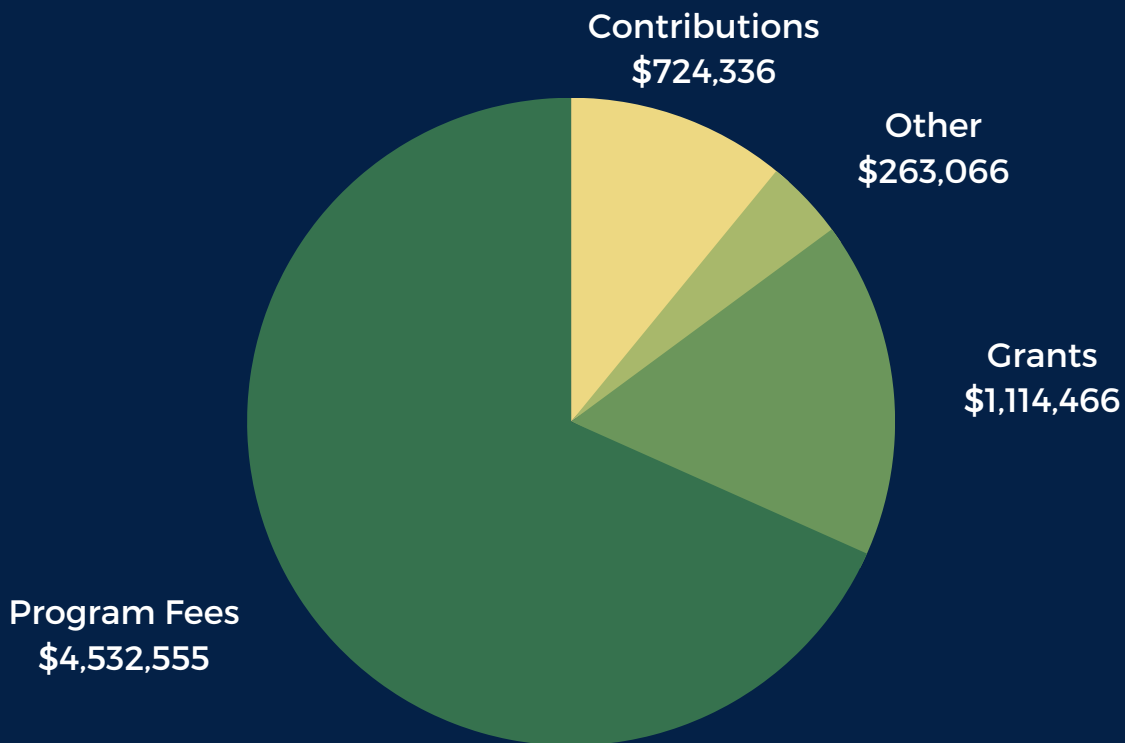
At MHA, we are fond of reminding the public that “Mental health is health”. And as true as that is, our state-wide leadership position in the non-profit housing sector also reminds us that “Housing is health.” 2022 was a great opportunity for all of us to think about what that means for the south central Kansas region, and how everyone at MHA has a hand in ensuring that the needs of our un-housed population are comprehensively addressed.

After all, for those struggling to find or maintain safe and stable housing, that deficiency is a symptom – and not a root cause – of broader societal issues. The lack of job opportunities, education, healthcare, green spaces, and other basic criteria often conspire to deprive people of the preventative measures that keep mental health concerns at bay. And this year proved once again how important it is for MHA to continue to offer broad-based services that address so many of those concerns, and prioritize the value of prevention over retro-active treatment.

As we explored ways this year to expand our housing options, it was gratifying to uncover so many exciting possibilities from businesses and individuals alike. The for-profit residential provider that recently shut-down a secure wing of one their campuses and offered the space to us. The bank that offered to buy us the building of our choice and then lease it back to us in affordable increments. The retired couple who agreed to leave several of their rental properties to us in their will. And of course, each and every person who staffs and serves both the residential division and all the programs that support our consumers on this journey.

Housing First remains an aspirational goal for those of us who work in social services. Stable housing as a treatment dramatically reduces taxpayer money spent to subsidize hospital emergency rooms, law enforcement agencies, and many more aspects of the social safety net. In addition, it has the potential to raise corporate profits, reduce turnover by nearly 40%, and increase our region’s GDP by up to \$2 billion dollars every year. MHA will continue to support this imperative in 2023 and beyond, and we hope that you will join us by offering your time, talent, and treasure to the cause.

# FINANCIAL OVERVIEW



## 2022 BOARD OF DIRECTORS

Chair: Michelle Green

Treasurer: Arnold Hudspeth

Secretary: Charles McClellan

Brendan O'Bryhim

Barbara Huff

Brent Buller

Laura Rainwater

Steve Schmidt

Tammy Shaw

Samuel Thompson

Kenneth Stoltzfus

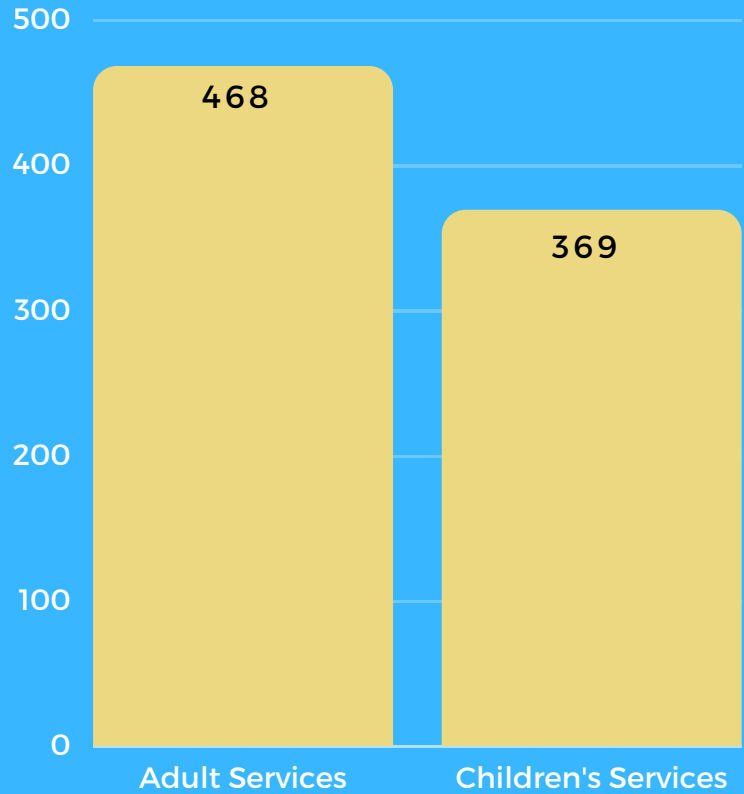
Pilar Pedraza

Shelley Downs

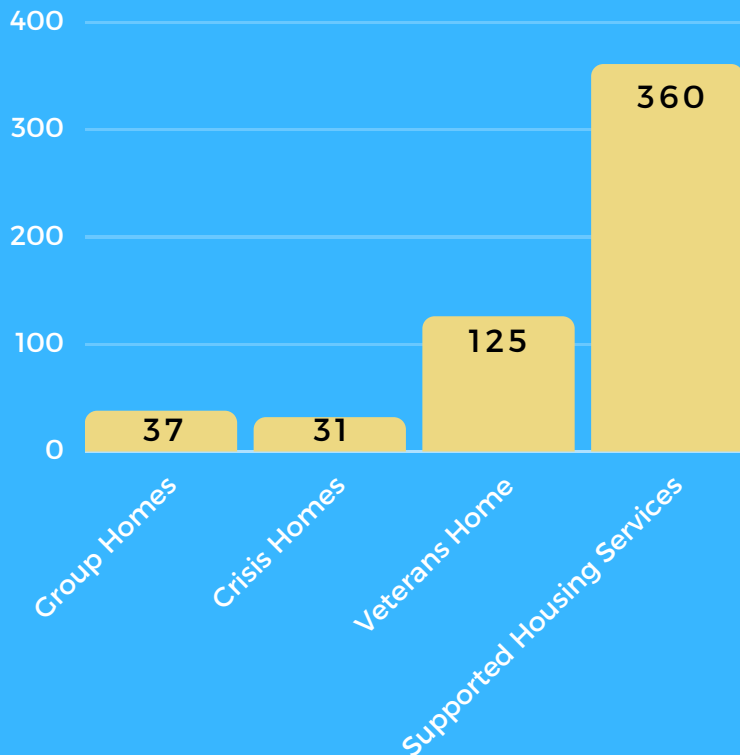
Mike Hughes

# ADULT AND CHILDREN'S SERVICES

MHA's Adult and Child Community-Based Services work to promote the health and well-being of those who have a serious mental illness by helping the individual manage their illness in order to lead a healthy, productive life. Services and treatment plans are individualized to promote recovery and independence. We promote increasing community engagement, and enhancing personal relationships while building coping strategies and daily living skills. MHA also offers Case Management, Peer Support, and Peer Groups.

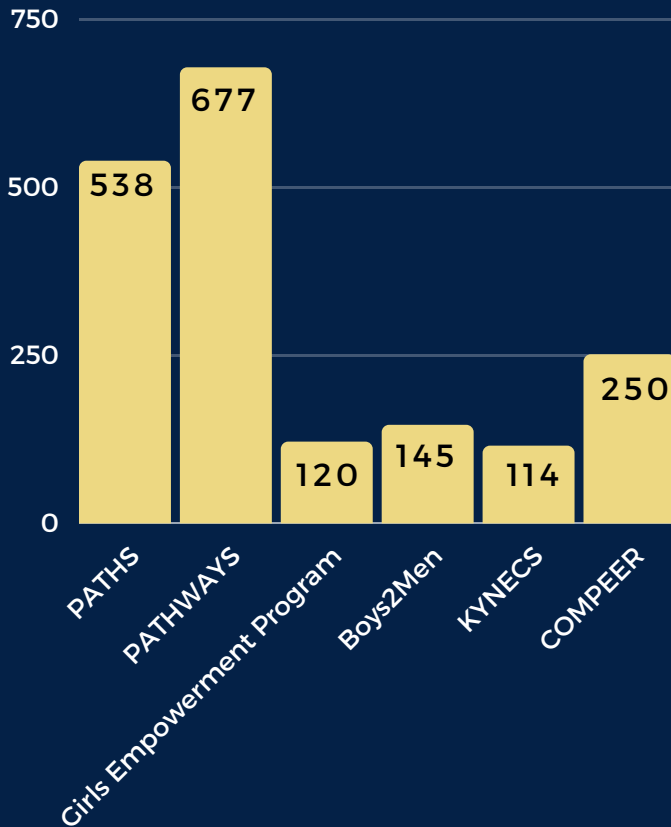


# RESIDENTIAL CARE



Residential Care was developed as a supportive living program for men and women recovering from mental illness. The residential facilities are an essential building block for many in recovery. The services are designed to provide smooth, effective transition from treatment to independent living. Residents enhance social, independent and daily living skills by interacting individually and in groups developing new ways to cope with the symptoms and impact of their illness. Residential Care offers an array of housing options, as well as special programs that emphasize developing personal relationships and basic life skills training. Housing programs include Group Homes, Transitional Housing, Independent Housing, and Senior Housing. In 2022, 553 people were served.

# PREVENTION



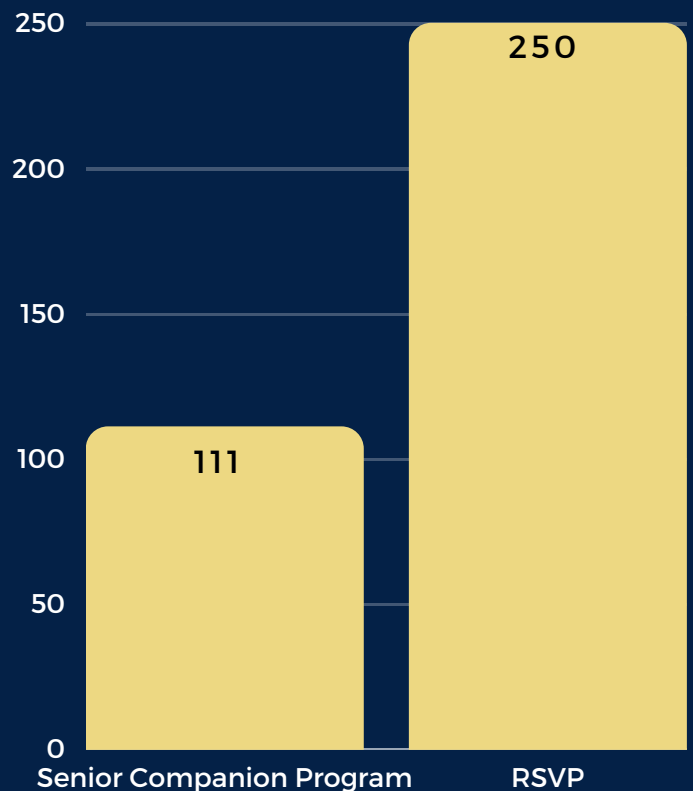
The Compeer program created a partnership with a local private school in the area to offer Lunch Buddies within schools. Additionally, small lunch groups were added along with one-on-one matches, increasing the number of youths served.

The Prevention Department served 7:8 Recreation Centers and all 3 Boys & Girls Club sites in the city. This accomplishment allowed the department to continue serving youth, meet program goals, and expand our services into some untapped areas.

# AGING

The Senior Companion program utilizes volunteers, age 55+ to provide companionship and respite care to frail, isolated seniors in Segwick, Harvey and Butler Counties. In 2022, 32 Senior Companion volunteers provided 28,505 hours of companionship and respite care to homebound and isolated seniors.

The Sumner County RSVP program offers non-emergency medical transportation to residents of Sumner County who would have no other way to get to and from medical appointments, often these individuals are low-income, isolated without friends or family, and/or unable to drive due to age or disability. In 2022 RSVP volunteers drove 106,136 miles taking individuals in need to and from appointments. A majority of these appointments were in Wichita, however, volunteers have driven as far as Council Grove and Ponca City to ensure that their community members received the care that they needed.

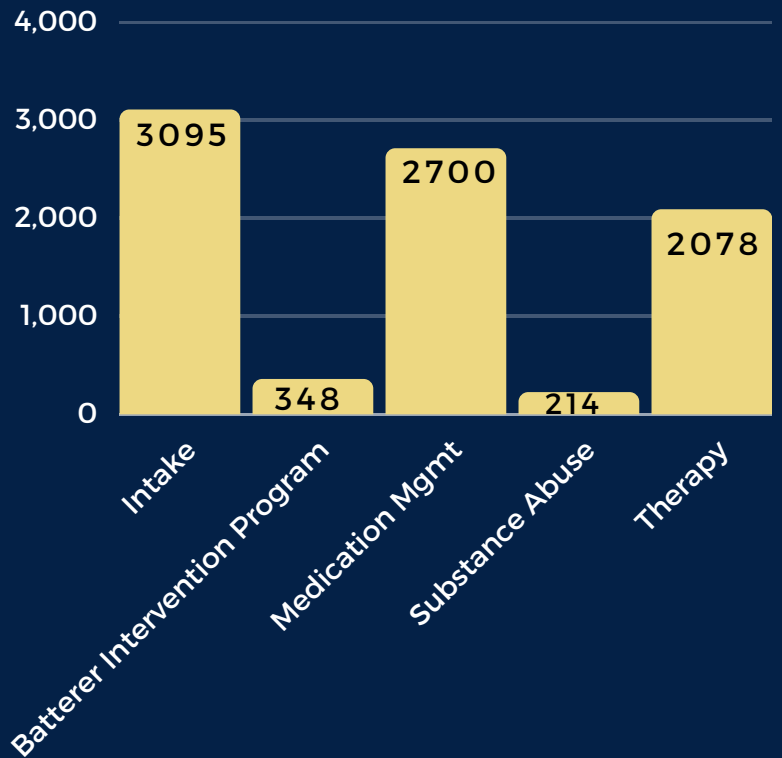


# OUTPATIENT SERVICES

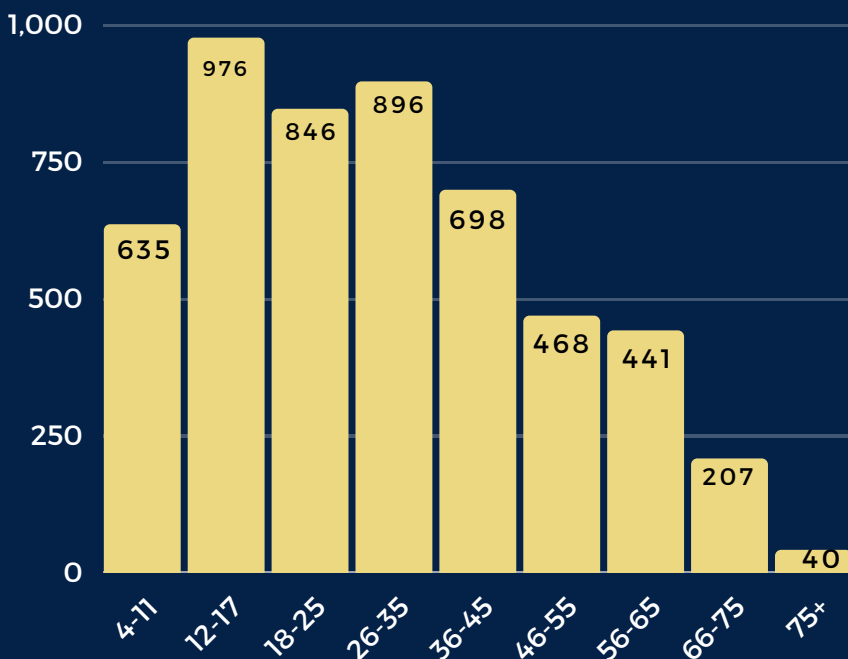
MHA's Outpatient Clinic offers therapy, addiction treatment, and medication services to youth, adults and families, and seniors with the goals of decreased symptoms, a higher quality of life, and an overall enhancement of mental health.

Over the past year, The Counseling Center has served consumers with increasingly high needs, complex mental health issues, and increased stressors threatening the well-being of families and individuals. The services The Counseling Center provides are needed now more than ever.

NUMBER OF CONSUMERS SERVED



AGES SERVED



The Counseling Center has an important role in meeting the community's mental health needs. Untreated mental health conditions can result in unnecessary disability, unemployment, substance abuse, homelessness, inappropriate incarceration, suicide, and poor quality of life.

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