A Message from our CEO

As we move into 2020, all of us want to express one over-riding message to all of our stakeholders. That message is a resounding THANK YOU!

2019 saw unprecedented movement forward in our one unequivocal goal as an organization...to Tear Stigma Apart. Every year in the Wichita metropolitan area, over 160,000 need mental health care. Sadly, it is estimated that only around 65,000 will seek and receive that treatment. MHA exists to ensure that everyone has access to high-quality and affordable mental health care, but having that care available only matters if people utilize it. Thanks to our supporters, volunteers, Board members, the media, and our incredible staff, 2019 felt very much like a water-shed year in our drive to end the stigma and encourage the remaining 95,000 people who need help to raise their hand and receive it.

As an affiliate member of Mental Health America, MHA of South Central Kansas has access to a tremendous library of information and literature on the issues surrounding mental illness, and we appreciate every opportunity to speak to churches, company staff meetings, civic and fraternal organizations, community wellness events, and more. We firmly believe that a society that is educated in the causes of, and treatment options for, mental health concerns can more positively react to the issues that we all witness in our family, work, and social circles.

We are also grateful for our local television, radio, and newspaper media who understand the importance of raising the awareness of mental health issues and giving not-for-profit organizations involved in this cause the opportunity to spread such information in a broader way. The more transparent we can all be about our own mental health, the more “normalized” the issue becomes, thereby opening the door for others to reach out for help as well.

In this annual report, you will read about our collective accomplishments during 2019 as we served our 62nd year addressing the public health needs of our community. No previous time in our organizations history has seen such active support of our efforts and our mission, and for that we say again, Thank you!

Sincerely,

Mary Jones
President and CEO
Financial Overview

2019 Unaudited Revenue Figures
Total Revenue: $8,932,654

- Program fees, $5,642,268
- Grants, $2,959,107
- Contributions, $314,753
- Other (including investment income), $16,526

2019 Board of Directors

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Children’s Services

Our Children’s Case Management program was given the opportunity to present at both the Kansas Prevention Conference on Oct 1st—3rd, and the Kansas Law Enforcement Training Center at the University of Kansas. Staying true to MHA’s roots, these opportunities to increase education are invaluable as a tool to continuing breaking down the unfair stigma of mental illness.

The staff also planned and carried out a very successful Children’s event this year, with increased activities over last year, and sponsor support that saved the organization substantial support financially. Beyond our own events, the staff of our Children’s Services division participated in a number of community events, including the 5-50-50 5k run, the Purple Mile, and the Convoy of Hope.

And from a programmatic standpoint, we have continued our participation with ICT Truancy in conjunction with the Wichita school district, and exceeded our goal in the number of individuals we served through our Pathways program.

Overall, we enjoyed a very successful year and look forward to 2020!
Prevention

By expanding into four new schools in the south central Kansas area, our Prevention programs served over 1000 youth in our community while consistently meeting the majority of program goals and objectives. In addition, our Girl Empowerment programming was offered in a youth residential home for the first time, broadening the platforms in which such programs can be more regularly offered in the future.

Another exciting change in 2019 was for each of our prevention programs to include a lesson on the effects of nicotine and vaping to program participants. This is just one example of the flexibility of our programs, and the expertise of our staff, to address new threats to the mental health of our youngest consumers.

As MHA already has a presence in Wellington county, MHA is excited to have improved our visibility there by partnering with area businesses to provide financial and in-kind support to prevention events in their area. Not only do these relationships allow for increasing the base from which to serve our community, but it also gives those businesses the opportunity to demonstrate their caring for their local community where their employees and customers live. This division set a goal of holding such events on a quarterly basis to bring in youth who are already on the waitlist, as well as existing participants and community members.

An important aspect of prevention is giving children a non-parental adult with whom they can discuss the issues that most impact their ability to cope with their daily lives. The Lunch Buddies program is designed to provide volunteers to fill that gap in children’s lives, and in 2019, the waitlist of children who needed such a volunteer dropped to historic lows with less than a dozen youth waiting for mentors. Versus 40+ who were served during 2019. Part of that success was through partnerships with all three local universities that allowed our ComPeer Coordinator to speak directly to multiple classes and student organizations. This visibility resulted in 10 college students who are acting as mentors in the program. Given the difficulty in locating individuals willing and able to make a long-term commitment to this important program, MHA’s success is remarkable.
Adult and Family Services

If there was one theme in the Adult and Family Services (AFS) division during 2019, it would be collaboration. Both the programs within AFS collaborating better as a team to create efficiencies, as well as collaborating with other MHA divisions. Working with Outpatient Services at the leadership level has particularly served to better address crisis cases and more complex cases. Within the division, Employment Services is working with Adult Case Management to address employment which is often a major stressor for at-risk families. Addictions programs working more closely with both adult and children’s case management to give all ages better coping skills options than turning to substance use. The list goes on and on. Collaboration has involved the formation of multi-disciplinary teams internally to give more individualized attention to our consumers.

Work For Success (WFS) received new leadership of this renowned program in the form of long-time program staff member Charlie Buford. His enthusiasm and community connections are helping WFS take great strides forward. Certainly not the least of these strides is the metric of program participants who come out of the program with gainful employment. MHA’s program success dramatically exceeds the national average by several multiples and has garnered Charlie and another of his staff state-wide recognition with invitations to participate on the Governor’s Council.

Another program at MHA, End Dependence Kansas (EDK), also saw their measurables increase significantly under new leadership during 2019. Their 56% rehabilitation rate is well within the range required for such programs to continue operating, and an average hourly rate for those who complete of $11.59 exceeds program outcomes across the state. EDK also updated their program literature to use for marketing and public relations purposes, a much-needed event considering the number of meetings they attend within our community. Those engagements have opened doors at ComCare and USD 259 to help us grow.

TSW staff completed full training w/ Dr. McGurk and developed a training manual which would serve as a replacement for her training when she phases out.

At the state level, those working in Peer Support roles in the mental health field are required to complete various trainings to keep their skills sharp. One of the trainers for the state is employed at MHA and so is uniquely qualified not only to train our peers, but to provide on-going support to our supervisory staff in how to best support the Peer Support program staff.

Supported Employment is not just a win for our consumers, but for our corporate community as well as people go from being labeled as their mental illness to being gainfully employed in the general population and simply living with their mental illness.

Tobacco Cessation continues to be an important program for so many of our consumers. Across the country, a hugely disproportionate amount of tobacco is used by those who struggle with mental illness, and helping them to end their dependence on tobacco can be a vital first step. It also helps to address the notably shorter life span for those who deal with mental health concerns.
During 2019, our Retired and Senior Volunteer Program (RSVP) expanded our volunteer stations from 9 to 13, giving our 55 and older volunteers an expanded menu from which to choose in their service to the Wellington county community. The Wellington Daily News featured our Senior Friends program on the front page, and MHA was thrilled to see that story picked up by other media outlets around the state as well. The Wellington paper later followed that up with another front-page story dedicated to our volunteer’s recognition of area first responders on 9/11 National Day of Service. This coverage has gone a long way toward building critical momentum around Mulvane, and allowed us to partner with additional non-profits such as the Wellington Humane Society.

In our Senior Companion Program, MHA had 43 volunteers who collectively provided over 43,000 hours of companionship and respite care to help seniors who are aging in-place. These hours offset the isolation and loneliness that is inherent in that living situation by spending time with seniors preparing meals, driving to doctor appointments, playing games, etc. This socialization is vital to so many members of our community whose families may not be local, or who are struggling to get out of the house became of mobility issues. Using semi-annual surveys to both the seniors that we serve, and the volunteers who serve within the program, MHA is thrilled to report that 100% reported an improvement in their quality of life through their participation with the Senior Companion Program at the Mental Health Association of South Central Kansas. And with 12 new volunteers to the program recruited in 2019, we anticipate 2020 being even stronger for this program.

MKSO: Doubled the number of referrals received in the program in the last 6 months of the year
Outpatient Counseling

A huge accomplishment within our Outpatient Counseling Center during 2019 was a construction project which consolidated our Therapy and Medication Management offices into one location, and added an on-site pharmacy! Not only were we able to use the opportunity to welcome many high-profile advocates and use the experience to raise awareness of mental health issues through resulting media coverage, but combining these three areas into one place really makes this facility a one-stop shop for mental health in Wichita.

This location also became a certified Spravato treatment center, and began offering Alpha-Stim treatment. Both of these are new options for depression that is resistant to more traditional combinations of therapy and medication.

MHA’s School-based therapy program took advantage of opportunities in 2019 to branch out from our 20-year presence in the Wichita public school district. During 2018, we began serving 10 schools in the Derby Public Schools, and 2019 saw us begin services in the Haysville district as well. Our entrance into Derby last year was not limited to the public schools though. We have trained their first responders as well for multiple years, and are hopeful that we will be able to form a close connection with the entire Haysville municipality using this launching pad much as we were able to do in Derby.

In addition to regular trainings in Wichita and Derby, our counseling center staff traveled to Hutchinson Community College to train the Hutchinson Crisis Intervention Team. Our growing list of requests to provide expert education on the topic of mental health furthers our organizations regional recognition as the primary resource for mental health training to educators, law enforcement, mass media, and civic and fraternal organizations.

Finally, MHA’s Batters Intervention Program (BIP) increased in size during the year with the addition of three additional staff being trained to facilitate groups and assessments. This expansion was the result of increased need in the community, and models MHA’s organization-wide growth plans of seeing where the immediate and future needs lie in the area of mental health and then finding the resources needed to fill that gap.
Residential Care

During 2019, our Residential Care undertook initiatives that will continue positioning that division as a critical and growing area within the MHA family. One such effort was Operation Community Integration, or OCI. Using state funding specifically for this purpose, OCI will provide supportive services for high-risk behavioral health individuals. In turn, these individuals will receive the intensive assistance that they need to improve their independent living skills, and reduce symptoms that might otherwise interfere with their ability to sustain safe and stable, permanent housing within our community.

MHA was also honored to be awarded a grant through the Veterans Administration to improve the retention of housing by veterans who were previously homeless and are transitioning to permanent housing.

Record-keeping and physical inspections are crucial in ensuring compliance with government housing standards. Even more-so when dealing with federal government regulations. And MHA is proud that both our group homes and Wichita Place Senior Residences passed their respective inspections in 2019 with flying colors.

In an effort to increase internal efficiencies, two substantial housing grants from the government mental health provider in Sedgwick County were consolidated into a single grant Successfully transferred Safety Net and Good Samaritan PSH grants from Comcare to MHA Rescare and created Consolidated PSH.

As part of MHA’s affiliation and strong relationship with the Veterans Administration, we actively seek to reach and exceed all applicable goals set by the VA. Accordingly, we are pleased to have exceeded the national goal of having less than 25% of Veterans who receive services through our agency discharged will have a negative exit. In the coming year, MHA will continue to seek ways of reducing the number of veterans who don’t follow the program rules, without sacrificing our level of care to the homeless vets who rely on and receive mental health services through MHA’s Residential Care division.

In our daily mission to serve everyone in need of care, MHA increased our capacity and processes during 2019 to ensure that even the highest barrier clients in the south central Kansas community could be helped through our programs. This includes the homeless population, and those dealing with substance abuse issues and severe and persistent mental illnesses (SPMI). And as MHA has for years, we continue to serve those with no income. No one in need of mental health care should have the hurdle of income to overcome in getting the care they need, and MHA is honored to actively serve these unfairly stigmatized populations.

ResCare added a new position to our division during the year as well. Our new Applied Suicide Intervention Skills Trainer (ASIST) teaches participants to recognize when someone may have thoughts of suicide, and creates a process to support their immediate safety.

Finally, a significant logistical move included moving our staff from the main office at 555 N. Woodlawn into a building owned by MHA on South Main in downtown Wichita. Not only does this make our former space available to continued programmatic growth in the Woodlawn office, but also demonstrates the organization’s continued priority on our residential care area by providing space for that future growth as well.
The Bell Society is reserved for those who have included MHA in their planned giving, such as making us a charitable beneficiary in their will or trust, and/or have given cumulative lifetime gifts in excess of $100,000. There is no greater compliment you can give then to include our mission in your estate plan!

Brent Buller
Mark Davidson
Heather Egan
Sheila Fox*
Michael Frimmel
Judy Hess
Arnold Hudspeth
Barbara Huff
Jennifer Jay
Janet Johnson
Eric Litwiller
Charles McClellan
Rose Mary Mohr
Wesley Nyberg
Brendan O’Bryhim
Laura Rainwater
Susan Reimer
Fritz Robinson
David and Roberta Schmidt
Bill Tretbar
Joveta Wescott
Marilyn Whipple

* has sadly passed away

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