Recovery is possible and looks different for each individual. We strive to help our clients achieve THEIR recovery goals.
Hello,

Webster defines recovery as the “act or process of becoming healthy after an illness or injury”. There are probably few among us, who in some way, shape, or form, have not experienced the recovery process whether it is from a common cold or influenza, a broken bone or a serious accident. While the issues may have some commonalities, how we recover varies from individual to individual. Recovery from a mental health issue is a process of becoming healthy again after the diagnosis and it is very individualized experience.

Our 220 staff members who work in programs reaching seniors, children, adults, and veterans, are dedicated to helping individuals in our community achieve optimal health and wellness and in 2016, those staff members provided services to over 10,000 individuals. In addition, MHA volunteers provided nearly 47,000 hours of service to our community. Our achievements in 2016 included opening a 3rd location to offer therapy and medication management services, working to house 32 chronically homeless individuals through a partnership with the State of Kansas, implementing a tobacco cessation project for persons with serious mental illness, and significantly expanding our employment services. The impact of our services can be seen through the stories of the individuals highlighted in this report. We are proud to do this work and invite you to become involved in 2017 as we celebrate 60 years of service to our community.

CAROL MANNING
CEO & President
The Mental Health Association of South Central Kansas provides services that are proven to be effective in promoting positive mental health and preventing and treating mental illness and reach clients from age 4 to age 94. Programs are categorized in five major divisions. The goal of all services is to strengthen protective factors to facilitate good mental health, treat mental illness and addiction in order to return clients to their highest level of functioning &/or prevent disability from the illness; and improve mental health through interventions designed to increase individual resiliency. In 2016, MHA served nearly 10,000 individuals throughout the community. All were either diagnosed with mental illness, considered “at risk” for mental health issues or having difficulty living successfully in the community. Most were low income. The Association is an affiliate of Mental Health America—the nation’s oldest advocacy organization.
Our Board represents a cross-section of our community and has a passion for our organization, mission and those that we serve. The members work hard to ensure long-term sustainability of the organization and oversee that the funds raised directly affect those in need. We thank them for their dedication and service to MHA and those that we serve in our community.
Daniel, a Lunch Buddies mentor, works with third-grader Rosenda at Harry Street Elementary. Rosenda is a friendly, polite, talkative student who seeks to make new friends, interact socially, and achieve good performance in school. However, this was not always the case. When Rosenda and Daniel were matched as Lunch Buddies nearly one year ago, Rosenda had recently suffered the loss of a younger brother. Rosenda’s parents and teacher were concerned for his behavior pattern and lack of social skills, as well as his low self-esteem. Rosenda lives with 11 other people in the household, and as a result, truly needed one-on-one attention from a trusted friend. Shanna, Harry Street’s school social worker, stated that Daniel and Rosenda have made an excellent match for each other. Shanna said, “Rosenda has had a wonderful year and is acting as though he feels more confident and self-assured than ever” under the tutelage of his mentor Daniel. Rosenda has learned coping and social skills from Daniel and they continue to meet every week to build their friendship even more.

The goal of children’s services is to give children the tools that they need to be as successful as possible.

Our Compeer Mentors are often the glue that holds their mentee together, life without friends or role models is difficult at best.

This year we were able to provide for every single child identified as being in need of a backpack and/or school supplies. Thank you donors!!
The Counseling Center at MHA works with children, adolescents and adults to heal from and relieve the symptoms of mental illness. Annually, more than 4,000 individuals with a variety of diagnoses are provided with therapy, medication management and/or substance abuse treatment.

George, a freshman in college, came to the Counseling Center as he was very anxious and having panic attacks due to significant stressors in his life. His anxiety was affecting his school performance and relationships with others. Our therapist worked closely with George on Cognitive Behavioral therapy techniques and strongly encouraged self-care. After implementing the therapist's recommendations, George was happy to report that his academic performance had improved and his relationship with his family and girlfriend stabilized. He felt motivated to change jobs and was much happier in his new work environment. George indicated that “I have been a whole lot better. I am focusing on me and try to accept how things are. I have been more productive. When I need to, I take a break from everything. I retain more and am actually learning a lot more than I was before.” George has made such great improvements; he and his therapist decided that he no longer needed her services.

The Counseling Center @ Downtown are proud to bring awareness during Recovery Month.

MHA staff were awarded for their outstanding training and collaboration with the WPD CIT Team.
Addison came to MHA after her release from prison. At that time, she struggled with health issues and overwhelming anxiety. Together with MHA staff members, Addison learned coping skills which she used to stabilize her anxiety symptoms. After advocating for herself, she was accepted into Eric Fischer Academy and has excelled in the program. She has been recognized as a leader in her class and given mentorship positions within the program. Addison and MHA staff members are so incredibly proud of her progress. She has remained out of the hospital, is now able to manage her anxiety, and is working toward balancing the many demands within life. She recently began a PASS plan, which she will utilize to purchase a vehicle to further her independence. She is also working with a Supported Employment Specialist to find stable long-term employment after her graduation in May. Her Case Manager says “I am inspired by her. She has a realization of her past and treats it as an opportunity to learn and grow. She shows gratitude for all situations and the people she works with. She is grateful for her past mistakes as she has learned from them.”

Recovery can mean different things to different people, our goal is to help each person achieve their individualized recovery goals.

The PASS program helped Shawn and Larry to purchase vehicles, increasing independence and enhancing their work and social lives.
Connie was referred to the CABHI program as a result of nearly 6 years of homelessness. Connie had many barriers when she joined the program, including mental and physical health problems, legal issues and difficulty accessing community resources. Since joining the program, Connie has achieved and maintained stable, permanent housing, has nearly completed her probation period and has begun paying her legal fees.

Connie worked with MHA’s SOAR Specialist and had both her SSI and Medicaid benefits reinstated, allowing her to focus on her mental and physical health needs. She is currently working with a Supported Employment Specialist to find part-time employment. She is very excited about her future and has made tremendous progress toward achieving her goals. Connie says that “MHA has done more for me in the last few months than others had done in the last 10 years.”

Housing is a fundamental need for all of us and a key determinant in both our mental and physical health. It provides the foundation for how we think, how we live and how we conduct our day-to-day life.

The Kansas Bearded Warriors held their first annual Battle of the Beards, with proceeds benefitting the MHA’s Transitional House for Homeless Veterans.

Connie has made so much progress since joining the CABHI program! (Read more above) MHA’s Rapid Rehousing program provides financial assistance to those who are chronically homeless.

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AGING SERVICES

At MHA, staff members work with older adults to promote health and wellness, prevent victimization and assist them to age in place. Our services are designed to add to the senior’s quality of life.

My name is Mel, I have been a client of MHA’s Aging Services since 2007. I’m not sure who referred me to this program, but I am grateful that they did. My first introduction to the program was with my Care Coordinator Vickie, who has been my lifeline on more than one occasion, and has become my best friend. When Vickie first came to see me I was heavily medicated for neuropathy in both my hands and feet. She assessed my needs and helped to get some counseling and physical therapy. Through the years I have been in and out of the Mid Kansas Senior Outreach program through MHA while undergoing various hospitalization and rehab programs, always knowing that I could count on them to help me get back to my best health and mental outlook. I have had two foot surgeries with subsequent rehab stays, and Vickie has been with me every step of the way.

Recently I have signed on to the Senior Companion program. I have talked with Vickie about volunteering over the last couple of years and have come to realize that I am the most content when I feel useful and can give to others. Through the years MHA has been there for me and now I can give back to them for all their good service. I look forward to serving my own clients.

Sheriff Easter and Councilwoman Williams presenting the Mayor’s Proclamation of June 15 as Elder Abuse Awareness Day.

Senior Companion volunteers provided nearly 47,000 hours of companionship and respite care to home-bound seniors.

Persons Served:

- Mid-Kansas Senior Outreach: 225
- Senior Companion Program: 247

To continue to spread awareness of elder abuse and neglect, Mary Beth Steiner, Senior Director of Aging Services made a monthly appearance on KCTU.
MHA extends our deepest gratitude to every individual, business and organization that made a donation in 2016. Every gift you send directly benefits our work to help change the lives of the individuals that we serve. THANK YOU!!!

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James Garvey
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Jon Anders
Kansas Bearded Warriors Beard Club
Kansas Health Foundation
Lattner Family Foundation
Linda Weir-Enegren
Mary Ann Powell
Mental Health America
Ottaway Amusement
Paul Ross Charitable Foundation
Sunflower Bank
Susan Reimer
United Healthcare

1 VOLUNTEER
There are many opportunities to volunteer your time and/or expertise at MHA. Some of our opportunities include mentoring children, veterans, adults with mental illness, or fathers; providing elder crime victim advocacy or companionship or respite care to home-bound seniors; serving on the Board of Directors, or perhaps helping with a fund-raising drive.

2 LEAVE A LEGACY
The Mental Health Association would be honored to keep your legacy or the legacy of your loved one alive through a memorial donation or planned gift. While planning your estate, please consider including MHA so that we can help keep your legacy alive while ensuring that we can continue to serve people in our community.

3 DONATE
Every donation enables the Mental Health Association to continue to provide quality service and promote mental wellness in our community. As you consider making a contribution, it is important to recognize that our agency prides itself in being a good steward of all donations. We could not do any of this with the strong support of our donors.