2018
ANNUAL
REPORT

MHA
of South Central Kansas
Our Mission
The Mission of the Mental Health Association is to empower and assist youth, families and adults in our community to achieve optimal mental health and wellness through education, advocacy, and service.

Our Vision
Our Vision is achievement of a just, humane, and healthy society where all people are treated with respect, dignity, and the opportunity to achieve their full potential free from stigma and prejudice.
From the CEO

2018 was a year of change and great progress at MHA, and I have been so please to watch our employees adapt to new roles, provide exceptional service, and embrace initiatives that will continue to move MHA forward in service to our community.

You will read about accomplishments from our various operational divisions in later pages, but I want to take the opportunity to point out that none of them - not one - would have been possible without the people that make MHA what it is. At the center of our accomplishments are the staff, the ones on the front lines who care so passionately about the work that they do on behalf of our children, our families, our seniors, our veterans, our homeless population, and anyone else we reached in 2018. But we need to recognize the people within those groups as well, those 10,000-plus people who actively sought the help that they needed this year. If national statistics hold true, then the City of Wichita alone contains 60,000 people who needed help but did not get it - largely because of the stigma of mental health that each one of us at MHA strives to tear apart with our words and our actions. To everyone who contacted this organization and gave us the chance to serve you, I offer my sincere thanks.

I have also been very fortunate to see our Board of Directors gain momentum during 2018. We added new officers who have already demonstrated a willingness to step up and be a resource to MHA in every way they can. As a result of their fantastic work, our events for 2019 are already exceeding all expectations.

Last, though certainly far from least, I want to extend a truly heart-felt "Thank You" to every individual who offered their gifts toward furthering our mission. This includes volunteers, who contributed thousands of hours in Lunch Buddies, Senior Companion, and in general planning. It includes donors, who invested tens of thousands of dollars, demonstrating that our money shows what we really value as a society. It includes the members of our Bell Society, who care so deeply about our cause that they included MHA in their estate planning in order to ensure our continued ability to serve this community for decades to come. And it includes a huge number of community partners - both cooperate and individual - who sponsored our events, made gifts of in-kind support, and provided introductions to people who desire to help advance our cause.

This combined strength is the ultimate proof that our city care for those in need in so many ways and I am honored to be a part of it.

Mary Jones
2018 Board of Directors

Chairperson: Brendan O'Bryhim
Treasurer: Arnold Hudspeth
Secretary: Charles McClellan
Members: Fritz Robinson, Judy Hess, Barbara Huff, Wesley Nyberg, Brent Buller, William Tretbar, Jovetta Wescott, Michael Frimel, Laura Rainwater, Heather Egan, Jennifer Jay, Steve Schmidt

2018 Total Revenue

- Contributions: $339,610
- Grants: $2,819,007
- Misc: $10,405
- Program: $5,948,949
In our Compeer Lunch Buddies program, 2018 saw a record low number of children whom we were unable to provide mentors, due in part to our 80% volunteer retention rate, and the group training which we have been able to facilitate. Over 40 youth were service in Sedgwick County, and another 30+ in Wellington, where MHA hosted our first ever Volunteer Appreciation event which allowed all the matches to get together at one time. The branding done with this program has resulted in MHA being sought out by other sites who have seen the program executed so positively.

In our prevention area, over 2,000 youth were served in 2018, including children from four additional schools into which our program expanded. In Community-Based Services, we re-structured our staff into mini-teams with one Attendant Care worker and two to three Case Managers. The new set-up establishes a ready-made support systems for brainstorming, tag team difficult situations, and address schedule changes.

Finally, in our Fatherhood program, 82 fathers completed our training. While overall, 165 fathers were serviced in some capacity, be it case management, employment, mentoring, or family engagement services. Our ongoing partnership with the 18th Judicial Court Trustee's Office continues to make this program a model for family advocacy across the state.

"A child's mental health is just as important as their physical health" – Kate Middleton
The Care Manager position evolved somewhat during 2018, with duties more in-line with helping to identify consumer needs in both the physical and mental health areas. This made our treatment planning process more efficient, with a higher quality of treatment than was possible without this dedicated position. As a result, the Care Managers have been able to spend some additional time doing public-relations work with health clinic in the area.

The Assistance Peer Case Manager is another new position created and filled during 2018. This addition has helped consumers to gain a higher comfort level about working with permanent peers.

MHA’s Tobacco-Free initiative gained ground in 2018, as staff has witnessed consumers holding one another accountable in their efforts to quit. In addition, a new question about tobacco usage has been added to the agency interview questions.

Administratively, we have seen a significant reduction in Treatment Plan Updates that are sent to Comcare, with corresponding reduction in bath errors.

And finally, MHA achieved the status of being one of very few sites nationwide that achieved full capacity in our SSA enrollment.
2018 saw the introduction of Open Access to the Counseling Center. This new program allows same day/next day service for consumers who walk-in to the center without an appointment. Since the introduction, MHA has nearly doubled their average Open Access consumers intakes from 8 to 15 a day, with some coming from as far as Emporia. We expect the reduction in suicide rates to be similar to those already found in other states that offer the same services.

We also expanded our school-based services to 33 schools in Wichita and Derby with total service to over 250 children. As a result, children's case management as seen an increase in services, and MHA received a proposal from the Derby schools to provide substance abuse treatment to the families of the students in that school district.

Outpatient consolidated our services to one location at Harry and Webb during the year, which allows true team collaboration between Medication Management, Therapy, Substance Abuse, Sex Addiction, and the Batterer's Intervention Program (BIP). This has already resulted in growth of both the BIP and Sex Addiction Treatment Program to include Saturday classes and increase evening hours on Monday through Thursday. Finally, this growth allowed for the addition of five new positions, including a School-Based Team Lead, Clinical Coordinator, and Client Access Team Lead.

21 million people suffer from addiction yet only 10% or fewer receive proper treatment
In the Senior Companion Program, recruitment was - and remains - a primary focus. We welcomed several new volunteers who immediately began participating on presentations in the community. These presentations are an invaluable tool in building relationships with outside agencies and the general public. The volunteers gave nearly 43,000 hours of respite and companionship to home-bound seniors in the community. The program also saw the successful completions of a six year federal monitoring visit.

The RSVP program implemented four services within Sumner County. To support the program, MHA leased an office in Wellington, which lends visibility and additional credibility to our efforts there. RSVP has increased our volunteer numbers, and the new Director has been very visible in that community. Along with the Senior Companion Program, RSVP also successfully completed their six-year monitoring visit.

The MKSO program was able to hire a Nurse Care Coordinator who is re-focusing the program to ensure the strongest possible correlations between MHA's offerings and the needs of the seniors that we serve. An MKSO Coordinator has also been hired, who will take over the TRIAD, the Education Committee, and our ongoing gatekeeper training. The response from TRIAD has been overwhelmingly positive, with meeting attendance continuing to rise.

Nearly 43,000 volunteer hours were provided in 2018 for respite and companionship to home-bound seniors in the community.
ResCare was able to establish a Housing First Bridge pilot program during 2018 as the result of a grant from the Kansas Department for Aging and Disability Services. Four units with nine beds are now available for consumers with serious mental illness, substance use disorder, co-occurring disorder, or other disability. While at Emporia House, MHA serviced 194 veterans in 2018 as part of our Veteran's Emergency Housing Program.

While the grant for the Cooperative Agreement to Benefit Homeless Individuals (CABHI) program ended in 2018, we were thrilled with the results of the program while it lasted. Of all local agencies that received funds from CABHI, MHA maintained the highest marks in the state for use of our funds to provide both behavioral health treatments and housing.

Our communities which are a combination of senior housing and those with a severe and persistent mental illness had an average 94% occupancy rate across 2018, while our group homes saw 10 new admissions and maintained an 89% occupancy rate.

Finally, ResCare assisted 55 individuals in our community in gaining access to housing through our supported housing, rental assistance, and rapid rehousing programs, totaling $110,000 in housing assistance funds.

**94% occupancy rate**
across 2018 senior housing and those with severe and persistent mental illness
Thank you to our 2018 Bell Bash sponsors!
How can YOU get involved?

- **Keep in touch** - By ensuring that we have your current telephone numbers, email and mailing addresses, we can keep you informed of events, and we'll send you our newsletters so you always know what's happening in the area of mental health. Please also join our quickly-growing audience on Facebook, Twitter, and YouTube.

- **Volunteer** - If you have the gift of time, call us at 316-685-1821 to learn how your passion for mental health can be used to assist those who are struggling right here, right now.

- **Serve** - We are always interested in talking to those who might want to serve on committees, in event-planning capacities, or on our Board of Directors

- **Organize** - The "Friends of MHA" may be making a comeback, and we'd love to talk to former members of our auxiliary organization about what that could mean.

- **Advocate** - It is crucial for MHA to have opportunities to raise awareness of mental health concerns within your civic, religious, professional and social circles. If you belong to a group that needs a speak, let us know and we will happily provide a subject-matter expert to you at no cost to speak at your event.

- **Invest** - Your annual gifts to MHA allow us to fulfill our mission. A simple electronic form is available on our website at MHASCK.org.

- **Leave a legacy** - The MHA Bell Society was created in September 2017, and is reserved for those who have included us as beneficiaries in their will or trust or have made a commitment to do so.