



ELIZABETH LAYTON CENTER

For Hope and Guidance

2010 Annual Report

OUR MISSION

The Elizabeth Layton Center provides effective mental health services in our communities so that quality of life is improved for our clients and their families.

A Message From the Director

Difficult and important questions were posed during 2010. How should the mission of the Elizabeth Layton Center stay forefront with Medicaid rate reductions? These funding challenges complicate service availability to an increasing caseload. With economic disparity pressing on the lives of individuals and families seeking our assistance, shrinking resources create a struggle for our communities.

To prevent catastrophe, the burden of decreased Medicaid reimbursement and state grant funds, was transferred to our staff. Despite salary cuts and decreased benefits, staff stayed committed in providing effective treatment. The Board of Trustees and staff remained mindful of our values and vision.

Domestic violence has grown in our counties. Through a collaborative effort with law enforcement and the court system, a new program was born from community need. ELC has formed a Batterers Intervention Program implementing best practice standards and following "The Duluth Model" a domestic abuse intervention program. This intervention can mean the difference in putting an end to intergenerational patterns of violence.

Stepping into the tenants of the Affordable Care Act known as healthcare reform, ELC sought opportunities to integrate primary health care and mental health treatment. In Miami County, ELC supported the application to initiate a Federal Qualified Health Center. In Franklin County, a rural health clinic has agreed to participate in an integrative care pilot project targeting adults with a Severe and Persistent Mental Illness (SPMI). Research demonstrates adults with SPMI live 25 years less on average than other adults. Case managers of ELC and the staff of Ottawa Family Physicians are focusing on goals to address issues of smoking, obesity, cardiac disease and metabolic disorders such as diabetes and high cholesterol. Our adult consumers welcome communication between both entities to formulate active steps toward common goals.

The growth in services for children and families has steadily increased in Miami County. Consultation efforts help identify children 2-5 years old at risk of severe emotional disturbance. An innovative program Supportive Therapy Early Prevention Services (STEPS) helps little ones achieve social and emotional regulation in order to enter the school system Kindergarten ready.

Trained in Critical Incident Stress Debriefing, ELC emergency staff have intervened with law enforcement, EMS, firefighters, first responders, dispatch, emergency room staff and employers. A coordinated response is provided at the earliest opportunity to prevent long lasting effects derived from traumatic experiences. Such outreach often prevents the formation of Post Traumatic Stress Disorders.

Returning veterans needing mental health services are at an all time high. Training to address their special needs remains a priority as suicide among veterans has increased by approximately 20%. It is estimated that 18 veterans commit suicide each day according to the Veterans Administration.

Maintaining the momentum of 2010 will be a challenge. Since support from the State of Kansas continues to decline, our communities will face consequences of decreasing resources while community referrals are unparalleled.



Diane Zadra Drake, MN, ARNP
Executive Director

Children and Family Services

Outpatient Services:

Licensed mental health professionals provide a wide array of mental health services focused on children, adolescents and families dealing with mental health or behavioral issues. These issues may stem from relationships, changes, crises, environmental pressures or traumatic life events. ELC has staff trained in play therapy to help younger children resolve issues. Teaching parenting skills through various techniques and educational classes are also utilized to help achieve treatment goals.

Treatment services are provided using a variety of therapeutic methods to meet the needs of the child and their family. Youth and parents/guardians are an active part in developing treatment goals.

Medication Management Services:

ELC offers a full range of medication management services for youth in consultation with their parents/guardian. A medication evaluation is completed to determine the need to prescribe psychotropic medication for the treatment of ADHD, anxiety, depression and other childhood disorders. If medication treatment is recommended, the client is monitored on a follow-up schedule to determine the ongoing effectiveness of the treatment and changes are made as clinically appropriate.

Our doctors and advanced registered nurse practitioners work closely with other clinicians at ELC, local primary care providers and with referral sources in the community to ensure a comprehensive, coordinated and holistic approach to treatment.

Evidence of the effectiveness of treatment

A little boy's story. . .He was only 3 years old when I first did his intake. He was referred to ELC for aggressive behaviors. He had just been removed from his biological parents' home and placed in foster care.

When I met him, he was non-verbal, making only occasional grunts. He did not want to engage with me and was believed to be Autistic. Treatment focused on tracking his play to build the therapeutic relationship, self-regulation skills and confidence. Feeling face cards were used every session to identify his observed feelings and to teach basic feelings.

Over time, he has gained confidence to try to say words. With each session, he has become easier and easier to understand. He is now able to recognize basic feelings (happy, mad & sad) and no longer prefers isolative play. He has learned to joke and kid. He seems to understand everything. His affect has become very bright and he laughs often.

The best news of all is that testing has determined that he does **NOT** have Autism; however, has Delayed Global Functioning due to a neglectful home environment for the first 3 years of his life. He continues in therapy, making strides in achieving his developmental milestones. . .Regina Nowatzke, LCSW, Therapist

Community Based Services for Youth with a Serious Emotional Disturbance

ELC provides intensive support for the youth struggling with a serious emotional disturbance (SED). To qualify for community based services, children must be having significant difficulties at home, in school or in the community. Children may be diagnosed with such disorders as oppositional defiant, ADHD, depression, anxiety, obsessive compulsive and others. Services are provided at the mental health center, in the family home, the community and staff are welcome at many of the area schools to provide support to students during the school day.

Services focus on a strengths-based model of treatment and is developed within the family's cultural context. Specially trained staff collaborate with the family to develop a treatment plan to encompass the child's individual needs and determine what services will be most helpful in achieving the goals. This program expands the traditional array of therapeutic services and may include: Targeted Case Management, Community Psychiatric Supportive Treatment (CPST/case management), mental health attendant care and psychosocial treatment group. ELC works with youth of all ages from those in preschool to those transitioning into adulthood.

Psychosocial group programming is used to teach essential behavioral and social skills to support youth in making appropriate choices within their homes, schools and communities. Our staff work with youth to improve their abilities to relate to peers and authority figures in a cooperative and appropriate manner. Staff utilize best practice materials in developing group curriculum.

STEPS Program

Supportive Therapy Early Prevention Services

This year-round program is designed for children ages 2 to 6 who are unable to participate in regular community preschool settings due to inappropriate emotional or behavioral issues. ELC works with Head Start Programs and Wellsville Infant Toddler Program for referrals. This program focuses on five areas of emotional or behavioral development: Problem-Solving Skills, Relationship Building, Social Skills, Use of Unstructured Time, and Health.

After School and Summer Psychosocial Group Program

This program is designed to meet the needs of SED youth ages 6 to 17. The program works in a group format to help children work on the skills that prevent them from functioning well at home, at school and in the community. ELC provides a safe, structured environment to help children improve social skills, anger management, problem solving and emotional expression.

Evidence of the effectiveness of treatment

A young client's story. . . I had the opportunity to work with a boy several years ago, who was in middle school. He qualified for the federal Medicaid SED Waiver program, designed to provide intensive mental health services to assist youth in remaining within the family home for little to no cost for the family. At the time, his treatment plan included case management, individual therapy, psychosocial group, and parent support. I worked with him through his middle school years and part of high school. By the end of treatment, he had achieved all his treatment goals. He is now a senior and graduating from high school. He has been accepted at Ottawa University and plans to attend in the fall. He is planning to major in the human service/mental health field as a result of his experiences here at ELC. He has come so far and is truly a success story. . .Christy Smith, Case Manager

Adult Outpatient Services

Outpatient Services: Licensed mental health professionals provide a wide array of mental health services designed to help adult (age 18 and older) residents of Franklin and Miami County improve their quality of life through timely, collaborative, effective and appropriate treatment. Our professionals utilizes a variety of techniques and best practices to help clients achieve their treatment goals.

Substance Abuse Services: The program focuses on providing clients with the skills and support necessary to remain abstinent from alcohol and drugs. Educational materials, group therapy, motivational techniques, and relapse prevention are included in this process.

Did you know
1 in 4 adults
struggle with a
treatable mental
health condition
each year?
That's almost
60 million people!

Medication Management Services:

ELC offers a full range of psychiatric services for adults. A medication evaluation is completed to determine the need to prescribe psychotropic medication for the treatment of anxiety, depression, mood disorders, bipolar, psychotic illnesses, ADHD and other mental disorders. If medication treatment is recommended, the client is monitored on a follow-up schedule to determine the ongoing effectiveness of the treatment and changes are made as clinically appropriate. Advancements in the area of psychopharmacology have been astounding in the last 15 to 20 years, allowing more options for patients in managing symptoms. Patient Assistance Programs and generic medications can offer a cost effective solution.

Our doctors and advanced registered nurse practitioners work closely with other clinicians at ELC, local primary care providers and with referral sources in the community to ensure a comprehensive, coordinated and holistic approach to treatment.

Crisis Services and Critical Incident Stress Debriefing:

ELC has crisis services available 24/7 providing mental health emergency and suicide prevention services for Franklin and Miami counties. Inpatient admission to the State Hospital requires an assessment by our crisis staff. Staff coordinate with local resources to divert admissions whenever possible.

Crisis staff also provide Critical Incident Stress Debriefing (CISD), when traumatic events occur within the community. CISD gives people an opportunity to confidentially share with others involved in the incident the facts, the feelings, the impact and perspectives on the incident helping to work through the loss and horror of the tragedy. CISD helps minimize the number of people who may experience Post Traumatic Stress Disorder as a result of event. In 2010, the Sheriff's Department commended ELC's efforts and response to the tragic death of their officer, Sam Smith, while on duty. Most recently in the spring of 2011, ELC provided debriefing services at American Eagle related to an employee situation and to the members of the Richmond community as a result of a tragic house fire.



Mental Health First Aid Training:

In the last half of 2011, ELC will be offering a new educational program for the community to help law enforcement, healthcare workers, teachers and the public better identify, understand and respond to signs of mental illness. ELC has three certified trainers who will be teaching this international program within the community.

Community Support Services for Adults with Severe and Persistent Mental Illness

ELC provides intensive support for adults struggling with a severe and persistent mental illness (SPMI) diagnosed with such disorders as Bipolar, Schizophrenia, Mood Disorders, Major Depressive Disorder, Psychosis, and others. Our goal is to help individuals obtain and use needed community resources in the areas of housing, medical services, financial support, social interaction, education and employment. Helping consumers to improve their ability to handle their symptoms, while managing the challenges of everyday life.

Most consumers achieve their goals through the use of case management and psychosocial group programming provided at the mental health center, within the community or their home. Consumers may choose to include individual therapy, group therapy and medication management to assist them in meeting their treatment goals.

ELC also offers some specialized services for those with severe and persistent mental illness including:

Integrated Dual Diagnosis Treatment (IDDT) Program: An evidenced based practice integrating mental health with substance abuse treatment. Many struggling with mental illness medicate their symptoms with substance use. Acknowledging this allows staff to support clients in their efforts to abstain from use. Both counties continue to meet stringent guidelines to achieve fidelity.

PATH Homeless Program: This program serves those who are considered underserved; living in places not considered adequate shelter (such as cars, under bridges, in abandoned buildings), those in emergency shelters, and those returning from the State Hospital with no housing options. Staff work to connect homeless individuals with community resources, mental health services and secure housing when possible.

SSI/SSDI Outreach Access and Recovery (SOARS) Program: This program provides support to consumers during in the application process for obtaining disability benefits.

Supportive Housing Program: ELC has in each county two (2) units of housing for consumers needing additional support with daily living needs in order to remain in the community. Each county has one designated crisis bed available to assist in the prevention of an inpatient hospitalization. ELC provides 24/7 attendant care when medically necessary and staffs the houses according to need. Housing staff also provide voluntary medication drops within the community to assist consumers in managing symptoms.

Friendly Faces Program: ELC staff have implemented a new support group for adult consumers and their family/friends to attend monthly activities. The program allows family/friends an opportunity to encourage, interact and support participation in treatment as well as learn more about mental illness.

Mental illness knows no boundaries. . . our clients
are your neighbors, your co-workers,
your family members and friends.

Improving the Quality of Life

Evidence of the effectiveness of treatment

An adult with severe and persistent mental illness, his story. . . Jim's (not his real name) growing up years were difficult. His father repeatedly told him that he was "worthless" and "no good". He also endured physical abuse too. As an adult, he loved a particular sport. He was good at it. It was something in which he could excel. Something that reminded him that all the negative words spoken to him growing up were not true.

As the years moved on for Jim, he began experiencing more and more health problems. Spinal stenosis and arthritis throughout his body made physical activity more and more difficult. He experienced a motorcycle accident that left him with one foot amputated and a prosthesis for the rest of his life. By Fall 2008, Jim was in a great deal of pain. . .constant pain. He was living with his mother, and that relationship was strained. He was depressed.

At the end of January 2009, Jim's mother had him escorted off the property by deputies of the Franklin County Sheriff's Department. It was a Friday. Jim was literally homeless with no place to go. He had no income. He and his two cats spent the weekend in his car with the temperatures in the 20's. By Monday, Jim was in crisis. He left a suicide note on his case manager's desk and took off in his car.

Fortunately for Jim, staff of the Elizabeth Layton Center were able to get a hold of him. We were able to sit down with him and begin proposing alternatives to his plan. He accepted one of the alternatives. He was admitted to the Osawatomie State Hospital for intensive treatment. By the time he was released from the hospital, almost a month later, he was doing better. His case manager had arranged for Jim to live in an apartment. He was no longer homeless.

Since then, Jim has had the support of his case manager, therapist, art therapist, and medication provider. He has participated in many hours of psychosocial groups offered at ELC. All these supports have played an invaluable role in Jim's life. These supports in Jim's life have helped him to accomplish the following goals over the last two years:

- He was approved for Social Security Disability;*
- He has moved into a rental house;*
- He as received a Section 8 Voucher; and,*
- He has had surgery to help alleviate the pain in his back.*

I say this as humbly as I can (for I know it to be true), Jim would not be here if it were not for the Elizabeth Layton Center. Jim has a life now. He and his two cats are continuing to move forward in life. There are still difficulties for Jim. Yet, just like he had support for all the life challenges over the last two years, he will continue to seek support from the staff of the Elizabeth Layton Center for all the challenges to come. . . .Troy Hoffman, PATH Case Manager

Overall Client Demographics

Client Summary for 2010

Total Clients Served in 2010: 4131

<u>Gender</u>			<u>Annual Household Income</u>	
Male	2008	49%	\$0 to \$6,600/Non-Disclosed	2002
Female	2127	51%	\$6,601 to \$10,000	371
<u>Age</u>			\$10,001 to \$20,000	699
<9	357		\$20,001 to \$30,000	444
10-19	1110		\$30,001 to \$40,000	239
20-30	727		\$40,001 to \$50,000	145
31-40	598		\$50,001 to \$60,000	86
41-50	613		>\$60,001	145
51-60	463		<u>Client Insurance Coverage</u>	
61-70	159		Medicaid	2364
71-80	70		Self Pay	759
81-90	31		Commercial Insurance	638
>90	3		Medicare	370
<u>Ethnicity</u>			<u>Admissions — 1774</u>	
White		3286	Average per month	148
Other/Unknown		664	Average per week	62
Black/African American		73	Average per working day	12
American Indian		56		
Hispanic		44		
Asian		7		
Naïve Hawaiian/Pacific Islander		1		

ELC staff served 2664 adults and 1467 youth in Franklin and Miami counties in 2010.

On average, 12 new clients were admitted for services every business day.

Everyday stresses can build up and drain a person of their ability to rest, have energy, be productive, concentrate, have relationships and enjoy life.

We see clients of all ages, every ethnicity and every income level.

The most common diagnoses are depression and anxiety disorders.

Screenings for Inpatient Hospitalization Related to Psychosis or Suicidal Intent

<u>Franklin County</u>			<u>Miami County</u>	
Year	Private Hospital	State Hospital	Private Hospital	State Hospital
2007	25	91	43	168
2008	29	196	77	272
2009	56	153	48	215
2010	57	182	82	276

Client Demographics by County

Franklin County — Client Summary

Clients Served in 2010: 2315

Gender

Male	1125	49%
Female	1194	51%

Age

<9	207	9%
10-19	542	23%
20-30	488	21%
31-40	364	16%
41-50	326	14%
51-60	245	11%
61-70	88	4%
71-80	36	2%
81-90	17	1%
>90	1	0%

Ethnicity

White	1953	84%
Other/Unknown	246	11%
Black/African American	43	2%
American Indian	40	2%
Hispanic	38	1%
Asian	5	0%

Annual Household Income

\$0 to \$6,600/Non-Disclosed	978	42%
\$6,601 to \$10,000	227	10%
\$10,001 to \$20,000	443	19%
\$20,001 to \$30,000	282	12%
\$30,001 to \$40,000	144	6%
\$40,001 to \$50,000	86	4%
\$50,001 to \$60,000	46	2%
>\$60,001	109	5%

Client Insurance Coverage

Medicaid	1345	58%
Self Pay	432	19%
Commercial Insurance	336	15%
Medicare	202	9%

Admissions — 987

Average per month	82
Average per week	20.5

Miami County — Client Summary

Clients Served in 2010: 1816

Gender

Male	883	49%
Female	933	51%

Age

<9	150	8%
10-19	568	31%
20-30	239	13%
31-40	234	13%
41-50	287	16%
51-60	218	12%
61-70	71	4%
71-80	34	2%
81-90	14	1%
>90	1	0%

Ethnicity

White	1333	73%
Other/Unknown	418	23%
Black/African American	30	2%
American Indian	16	1%
Hispanic	16	1%
Asian	2	0%
Naïve Hawaiian/Pacific Islander	1	0%

Annual Household Income

\$0 to \$6,600/Non-Disclosed	1024	56%
\$6,601 to \$10,000	144	8%
\$10,001 to \$20,000	256	14%
\$20,001 to \$30,000	162	9%
\$30,001 to \$40,000	95	5%
\$40,001 to \$50,000	59	3%
\$50,001 to \$60,000	40	2%
>\$60,001	36	2%

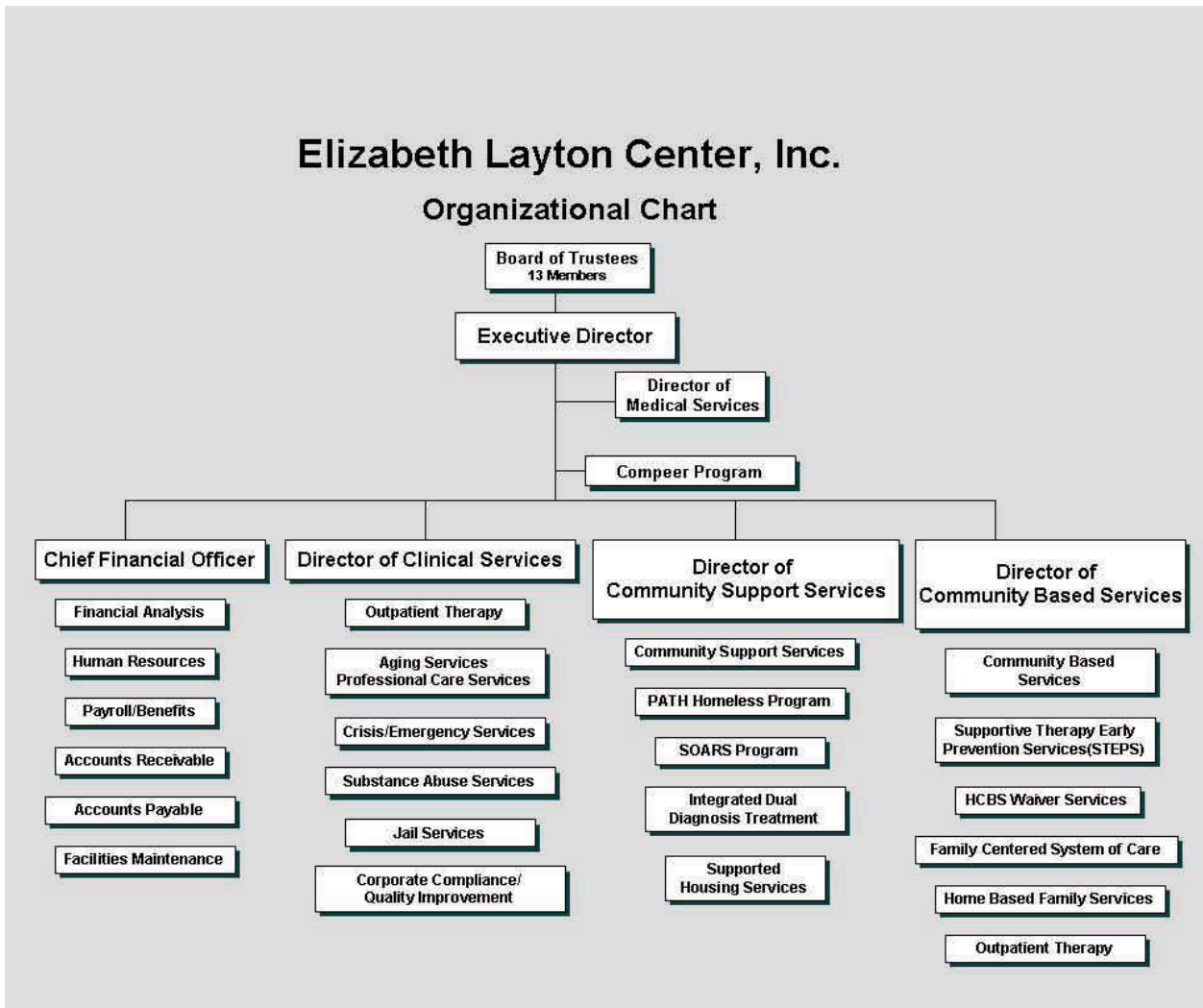
Client Insurance Coverage

Medicaid	1019	56%
Self Pay	327	18%
Commercial Insurance	302	17%
Medicare	168	9%

Admissions — 787

Average per month	66
Average per week	16.5

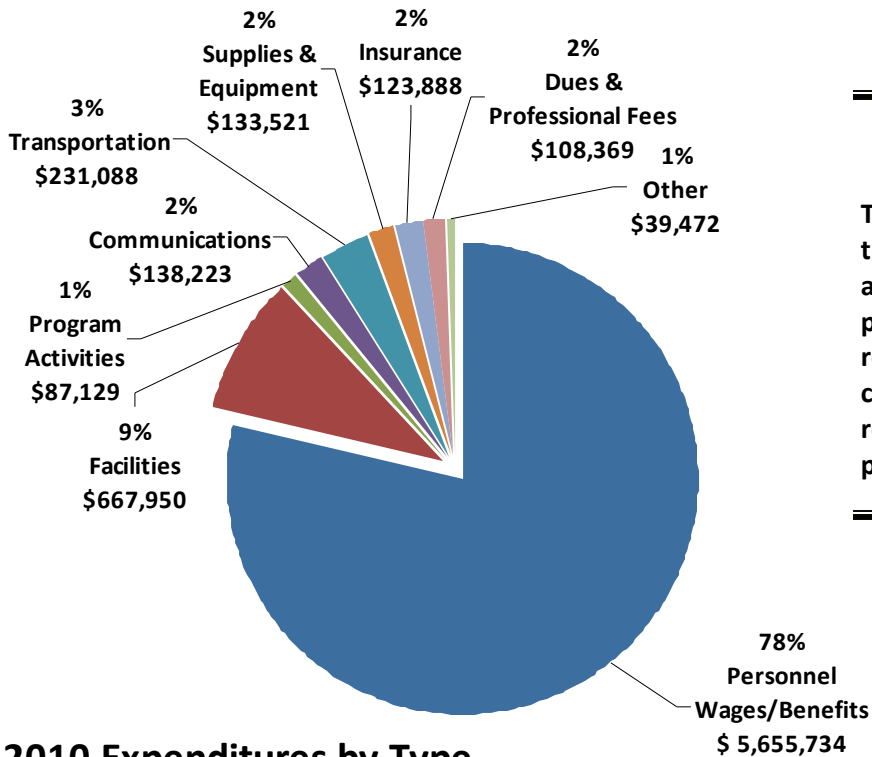
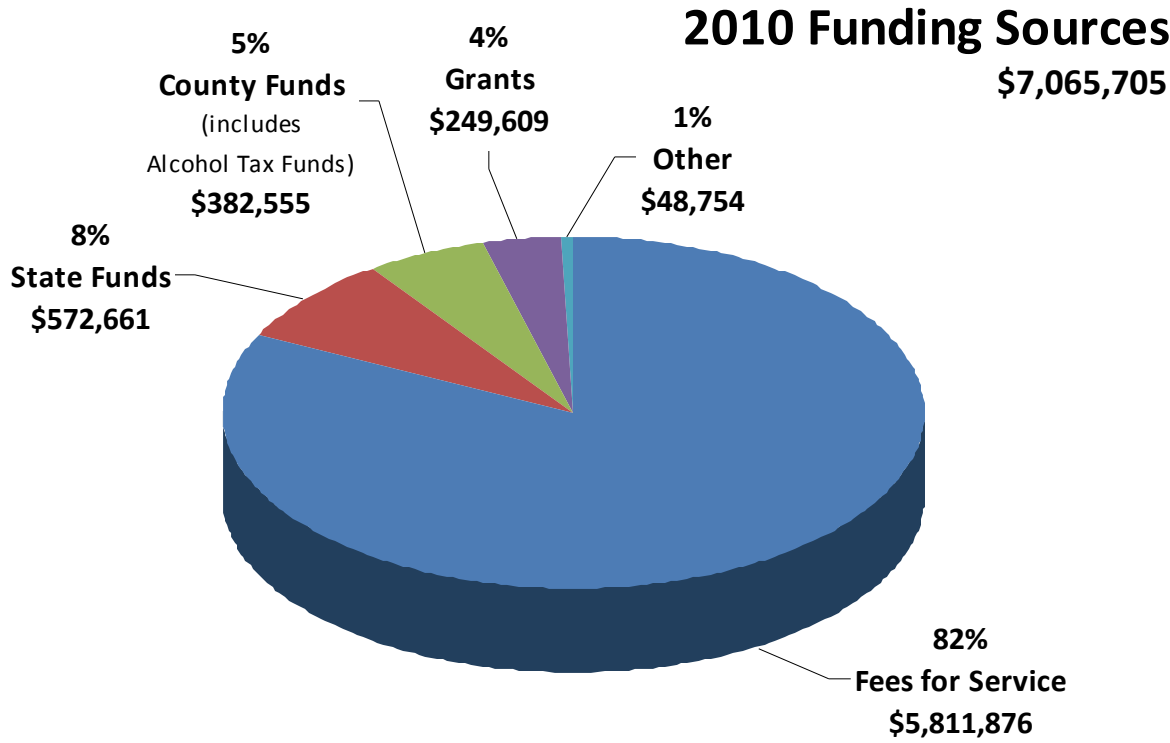
Organizational Structure



Full-time Equivalent Staff by County

	<u>Franklin</u>	<u>Miami</u>	<u>Both Counties</u>
Administration			6.00
Therapists	10.50	9.75	
Medical Providers (MD & ARNP)	3.25	1.25	
CBS Case Managers	11.00	5.50	
Parent Support	1.00	1.00	
Youth Specialists	3.00	0.00	
CSS Case Managers	12.50	7.00	
Adult Specialists	6.75	5.25	
Peer Support	3.00	2.00	
Support/Clerical/ IT & Custodial Services	15.25	11.00	4.25

A Look at the Numbers



ELC experienced a loss of \$119,669 for 2010.

The largest contributors to the loss were: lower than anticipated Medicaid and private insurance revenues, reduction in grants and contracts, legal fees, and real estate taxes on rental properties.

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Administration and Locations

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Amy Wacker, LPC
Director of Community Based Services

Kiki Gladman
Executive Integration Specialist

Franklin County Locations

Outpatient & Children's Services

2537 Eisenhower Road

PO Box 677

Ottawa, Kansas 66067

Telephone: 785.242.3780

Facsimile: 785.242.6397

Community Support Services

204 East 15th Street

PO Box 677

Ottawa, Kansas 66067

Telephone: 785.242.3780

Facsimile: 785.242.3593

Miami County Locations

Outpatient Office

505 S Hospital Drive

Paola, Kansas 66071

Telephone: 913.557.9096

Facsimile: 913.294.9247

Community Support Services

401 North East Street

Paola, Kansas 66071

Telephone: 913.557.9096

Facsimile: 913.294.4996

Children's Services

29875 W 339th Street

Osawatomie, Kansas 66064

Telephone: 913.557.9096

Facsimile: 913-755-6754

www.laytoncenter.org

The Elizabeth Layton Center is a 501(c)3 tax exempt organization that is governed by a volunteer Board of Trustees representing both counties.

The Elizabeth Layton Center continues to leave its mark in the community.

- We hope this annual report has helped you understand the scope of our services.