



ELIZABETH LAYTON CENTER

For Hope and Guidance

OUR MISSION

The Elizabeth Layton Center's mission is to provide timely, effective and comprehensive behavioral health services to improve quality of life and recovery for the citizens of Franklin and Miami Counties in partnership with individuals, families and our community.

Overview of Services

The Elizabeth Layton Center is a private not-for-profit community mental health center serving the mental health treatment needs of the residents of Franklin and Miami counties providing a comprehensive array of behavioral health services for our communities.

Outpatient

- Diagnostic Evaluation/Intake Assessment For Mental Health and Substance Use Disorders
- Individual/Family Therapy
- Group Counseling
- Psychological Testing/Evaluation
- 24/7 Crisis Services

Medical/Psychiatric

- Psychiatric Medication Evaluation
- Psychiatric Prescription Management
- Medication Injections
- In-County Residents Only

Community Based Services

Children/Youth—Serious Emotional Disturbance

- Case Management
- Attendant Care
- Psychosocial Group/Individual
- Early Childhood Program (Preschool-aged Children)
- Parent Support Services
- HCBS SED Waiver Services
- Circle of Security Parenting Program

Community Support Services

Adults—Severe and Persistent Mental Illness

- Case Management
 - Attendant Care
 - Psychosocial Group/Individual
 - Supported Housing
 - Peer Support
 - Integrated Healthcare Coordination
 - Medicaid Non-Emergent Medical Transportation
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Psychiatric Medication & Psychological Evaluations

1,287 Medication Management Clients Served in 2017

Franklin County — Adults 566 and Children 164 Miami County — Adults 378 and Children 179

Medication Management

ELC offers a full range of psychiatric medication services for adults, adolescents and children residing in Franklin or Miami counties. Medication can be useful in the treatment of anxiety, depression, mood disorders, bipolar, psychotic illnesses, ADHD and other mental disorders. An initial evaluation is completed and if medication treatment is recommended, the client is monitored on a follow-up schedule to determine the ongoing effectiveness of the prescribed medications and changes are made as clinically appropriate. Patient Assistance Programs and generic medications can offer cost effective solutions.

Advancements in the area of psychiatric medications have been remarkable in the last 20 years, allowing more options for clients in managing mental health symptoms. Our psychiatrist and advanced practiced registered nurses work closely with other providers at ELC, local primary care providers and with other referral sources when indicated to ensure a comprehensive, coordinated and holistic approach to treatment.



Psychological Evaluation Services

Psychological evaluations use a combination of techniques to help arrive at some hypotheses about a person and their behavior, personality and capabilities. These findings assist referral sources in making decisions regarding treatment, educational placements, and other matters. Clients may request this service by self referral or as a recommendation by an ELC provider, school personnel, court, attorney, medical provider or others. ELC utilizes a variety of specialized testing/assessments as part of the evaluation process. Types of Psychological Evaluations include: ADD, ADHD, Bariatric, Parenting Assessments, Diagnostic, IQ, Achievement, Substance Use Evaluation, DUI Evaluations, and Spinal Cord Stimulator Assessment related to pain management. Some evaluations may require a formal Intake Assessment.

Outpatient Therapy Services

1,530 Initial Appointments in 2017
738 Franklin County—792 Miami County

Common Reasons for Seeking Services at ELC: stress, anxiety, depression, problems at work, relationship issues, behavior issues in school, can't concentrate, can't focus, substance use is interfering with life, etc.

Outpatient Services for Adults/Children/Families

Licensed mental health professionals provide a wide array of mental health services designed to help improve the quality of life through timely, collaborative, effective and appropriate evidenced based treatment. Our therapists utilize a variety of techniques and best practices to help clients achieve personalized treatment goals including cognitive behavioral therapy (CBT), Dialectical Behavior Therapy (DBT), Motivational Interviewing, Exposure Therapy among others.

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.

Substance Use Services

The program focuses on providing adults and adolescents with the skills and support necessary to remain abstinent from alcohol and drugs through individual and group therapy. Educational materials, group therapy, motivational techniques, and relapse prevention are included in this process.



STEPS TO ACCESSING A NON-CRISIS APPOINTMENT

1. **Call and ask for the Intake Coordinator**
2. Provide **basic information** name, address, phone number reason for seeking services, insurance and/or household income.
3. **Schedule the Appointment**
4. Plan to **arrive early** (30 minutes for adults, 60 minutes for children), meet with the Intake Coordinator to complete necessary paperwork for the Intake Appointment and then be seen by the mental health provider for approximately an hour.
5. **Bring** the following to the Intake Appointment:
 - Photo ID**
 - Health Insurance Card** (to assure an in-network provider)
 - Proof of Residency** (utility bill, lease agreement, etc)
 - Proof of Income** (pay stub, income tax form, bank statement, etc)
6. Upon completion of the Intake Appointment, the person will **receive a diagnosis** and an **individualized treatment plan**.

1 in 4 (lifetime prevalence) diagnosable mental illness

Centers for Disease Control and Prevention

Crisis Services & Mental Health First Aid

671 Crisis Services/State Hospital Assessments in 2017

Franklin County — 338 Miami County — 333

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 State Psychiatric Hospitals requires an assessment by our crisis staff. Staff coordinate with local resources to reduce inpatient admissions by keeping people safe in the community through the delivery of comprehensive mental health services. We partner together with law enforcement, hospital emergency departments and other emergency responders to help those in crisis. Local law enforcement officers have incorporated practices of the **Crisis Intervention Team (CIT)** program, which is a model to help first responders to act appropriately to situations involving mental illness, developmental disabilities or emotionally disturbed persons in crisis.

Critical Incident Stress Debriefing (CISD), is available to partnering community agencies following a traumatic event within our communities. CISD gives people an opportunity to 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. When completed within 72 hours of the traumatic event, CISD helps minimize the number of people who may experience Post Traumatic Stress Disorder as a result of encountering a traumatic event.



Mental Health First Aid is an **8-hour best-practice curriculum** that provides tools to assist someone experiencing a behavior health crisis. The course teaches participants to identify risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. Participants leave with a **5-step action plan** to help others who are showing signs or symptoms. **Two courses** are available one focusing on **Youth related disorders** and one focusing on **Adult related disorders**.

- **Adult Course Topics:** Depression, anxiety, psychosis (hallucinations or delusions), and substance use, disorders.
- **Youth Course Topics:** Anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including ADHD), and eating disorders.

ELC receives some funding through the local United Way organizations in both Franklin and Miami counties to provide this training. Classes are offered on a scheduled basis throughout the year. Participants have included school personnel (teachers, administrators, and other school district staff), law enforcement officers, healthcare professionals and other community members. Individual classes for an agency may also be arranged for more information contact Miami County Operations Director, Loree Love.



2017
ELC Trained/Certified
83 in the **Youth Course**
46 in the **Adult Course**

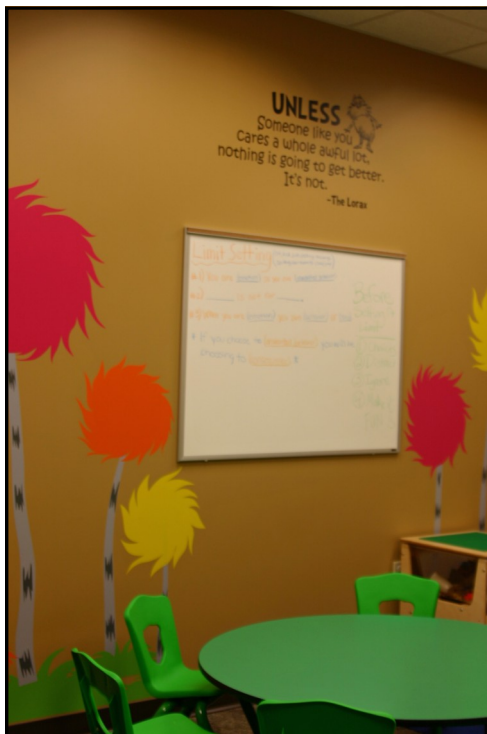
Community Based Services for SED Youth

385 Youth with SED Served in 2017

Number Served Franklin County — 213 Miami County — 172

ELC provides intensive support for youth struggling with a **Serious Emotional Disturbance (SED)**. To qualify for **Community Based Services (CBS)**, children must be having significant difficulties managing behavior at home, in school or in the community. Children may be diagnosed with such disorders as oppositional defiant disorder, ADHD, depression, anxiety 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 are 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 treatment 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 toddlers, preschoolers, grade



STEPS Program (Supportive Therapy Early Prevention Services)

This year-round program is designed for children ages 2 to 6 who have difficulty participating in regular community preschool settings due to emotional or behavioral concerns. Children may be referred by families physicians, daycare facilities, preschools, Tiny-k, and Head Start among others. Staff use evidence-based, brain-based programming in helping to manage behaviors.

Psychosocial Group Programming:

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 in group settings. 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.

Summer Psychosocial Group Program

This specialized summer program is designed to meet the needs of SED youth ages 3 to 17. The program works in a group format to help youth 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 youth improve social skills, anger management, problem solving and emotional expression.

Circle of Security Parenting Program

This grant-based program assists parents of children 0-5 years of age in learning developmentally appropriate parenting techniques. The program teaches parents to respond to their children's cues and develop healthy attachments. This program is free of charge to parents.

Community Support Services for Adults with SPMI

385 Adults with SPMI Served in 2017
Franklin County — 128 and Miami County — 75
107 Referred to the Program, 109 Exited the Program

ELC provides intensive support for adults who meet the State criteria as struggling with a **severe and persistent mental illness (SPMI)**. This can include diagnoses such as Bipolar Disorder, Schizophrenia, Mood Disorders, Major Depressive Disorder, Psychosis, and others. Using a variety of services, including case management, staff work with clients to help individuals obtain and use needed community resources in the areas of housing, medical services, financial support, social interaction, education and employment. Our goal is to help consumers in mental health recovery to maintain increased stability within the community by improving their ability to manage their symptoms and overcome challenges of everyday life.

Treatment goals are developed with clients on an individualized basis. 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 at their home. Consumers often 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:

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

Supportive Housing Program: ELC has in each county housing for consumers needing additional support with daily living skills in order to remain in the community. In Miami County, ELC has one designated crisis bed available to assist in the prevention of an inpatient hospitalization. ELC provides attendant care when medically necessary and staffs the houses according to need.

Medication Support: Staff can also provide voluntary medication drops within the community to assist consumers in taking their medication as prescribed to manage symptoms.



PhotoVoice is a psychosocial group developed in 2017 that teaches skills that enable individuals to tell personal stories through photographs that offer insight and teach others about their experiences. Photographs offer the ability share life experiences in a way that words simply cannot capture. The above exhibit was recently on display at the Ottawa Library

Client Success Stories and Testimonials

An adult Client presented for issues regarding social anxiety. Treatment focused on the Cognitive Behavioral Therapy model. Through treatment, this Client was able to successfully challenge maladaptive thoughts with alternative thoughts and engage in social activities such as a vacation with friends, going to parties, and interacting with staff at stores and restaurants. Client reported that he used to think of these events as something to 'make it through' and he now looks forward to them.

ELC received flowers and the following feedback from a Consumer: "Elizabeth Layton, Just a note to let you know that I appreciate each and every one of you and all of your hard work you do. Have a great day."

An adult presented to ELC with significant social anxiety and difficulty leaving the home. Through a course of outpatient therapy with David Walter, this Client can now leave the home regularly and has developed a circle of friendship within the community.

"Dear Barbara Cordts – Thank you for letting me come and talk to you! You helped me so very much. I have less problems and I always wanna come back. Thank you for today."

ELC's Community Corrections Clinician works with an adult on probation with a long history of violent behavior. He was placed on probation previously, but within a month had re-offended. This time the Client is engaged in multiple services in the community as well as through ELC. Through coordinated efforts, the treatment team has helped this individual avoid offensive behaviors for almost three months. Recently, the Client had an incident at a convenience store where someone physically hit him. Instead of retaliating the Client thought about his consequences and walked away. He is very proud of himself for making different choices.

CSS Consumer reported being "absolutely pleased" with provider Candi Dials. She described Ms. Dials as "amazing" and that she helps with emotions, encouragement and can recognize symptoms sometimes before the Client can identify them

A Youth has been successful in maintaining placement for over seven months, despite a past history of multiple placements due to behavioral difficulties. This Youth's caregiver recently expressed a greater understanding of CBS services, noted progress being made, and the

Parent of a CBS Consumer reported that providers Quincy Garrett and David Walter are fantastic with care coordination meetings, client check-ins and do a good job providing suggestions that really help her son.

A young adult recently verbalized progress by realizing that past trauma endured was not their fault, and that while they are changed by the trauma, they are able to "deal with it and learn from it."

"I love ELC."

A Youth began CBS services in 2012. At that time he was unable to manage symptoms in a typical classroom and was living with grandparents because parents were not able to care for him. After a course of treatment through ELC, some of which was offered at the alternative school (ECKA) this Youth has transitioned back to school in his community full time and has successfully graduated from CBS

During a routine quality call, one MiCo consumer reported she was very thankful for case management services from Starla Medlin. She stated Starla is "always there for me, is kind spirited and would do anything to help" and that this is very helpful to her.

Overall Client Demographics

Total Clients Served in 2017: 4,051

Total Services Provided in 2017: 102,547

Gender

Male	1922	48%
Female	2124	52%

Age

<6	103	2.5%
6-12	609	15.1%
13-18	682	16.9%
19-24	341	8.4%
25-34	650	16.1%
35-44	576	14.2%
45-54	486	12.0%
55-64	406	10.0%
65>	193	4.8%

Admissions — 1530

Average per month	130
Average per week	30
Average per working day	6

Annual Household Income

\$0 to \$11,490	1675	47.0%
\$11,491 to \$15,282	264	7.4%
\$15,283 to \$22,980	452	12.7%
\$22,981 to \$35,000	463	13.0%
\$35,001 to \$42,000	151	4.2%
\$42,001>	561	15.7%

Ethnicity

White	3538	91.0%
Multiracial/Unknown	121	3.1%
Black/African American	93	2.4%
Hispanic	80	2.1%
Native American	46	1.2%
Asian	12	.3%

Client Insurance Coverage

Medicaid	1566	38.3%
Commercial Insurance	1336	32.7%
Self Pay (includes Medicaid Spenddown)	673	16.5%
Medicare	514	12.6%

Diagnostic Summary of Primary Diagnoses

Depression	27.5%
Anxiety (Phobias, PTSD, Trauma)	21.4%
ADHD	13.0%
Adjustment Disorders	9.0%
Bipolar	7.8%
Conduct/Oppositional Disorders	6.0%
Schizo Spectrum Disorders	5.9%
Substance Use	1.7%
Personality Disorders	1.0%
Autism Spectrum Disorders	.5%

Client Demographics - By County

F R A N K L I N C O U N T Y

Total Clients Served: 2,040
Total Services: 57,657

Admissions — 738

Average per month 61.5
Average per week 14.1
Average per working day 2.8

Gender

Male 972 47.7%
Female 1066 52.3%

Age

<6 47 2.3%
6-12 294 14.4%
13-18 302 14.8%
19-24 176 8.6%
25-34 343 16.8%
35-44 297 14.6%
45-54 263 12.9%
55-64 205 10.1%
65+ 112 5.5%

Ethnicity

White 1858 92.4%
Other/Unknown 44 2.2%
Black/African American 38 1.9%
Hispanic 35 1.7%
American Indian 29 1.4%
Asian 6 0.3%

Annual Household Income

\$0 to \$11,490 938 47.4%
\$11,491 to \$15,282 151 7.7%
\$15,283 to \$22,980 260 13.2%
\$22,981 to \$35,000 262 13.3%
\$35,001 to \$42,000 111 5.6%
\$42,001+ 251 12.8%

Client Insurance Coverage

Medicaid 793 38.8%
Commercial Insurance 341 28.9%
Self Pay 591 16.7%
Medicare 318 15.6%

M I A M I C O U N T Y

Total Clients Served: 2,011
Total Services: 44,890

Admissions — 792

Average per month 66.0
Average per week 15.2
Average per working day 3.0

Gender

Male 950 47.3%
Female 1058 52.7%

Age

<6 56 2.8%
6-12 315 15.7%
13-18 380 18.9%
19-24 165 8.2%
25-34 307 15.3%
35-44 279 13.9%
45-54 223 11.1%
55-64 201 10.0%
65+ 81 4.0%

Ethnicity

White 1680 89.4%
Multiracial/Unknown 77 4.1%
Black/African American 55 2.9%
Hispanic 45 2.4%
Native American 17 .9%
Asian 6 .3%

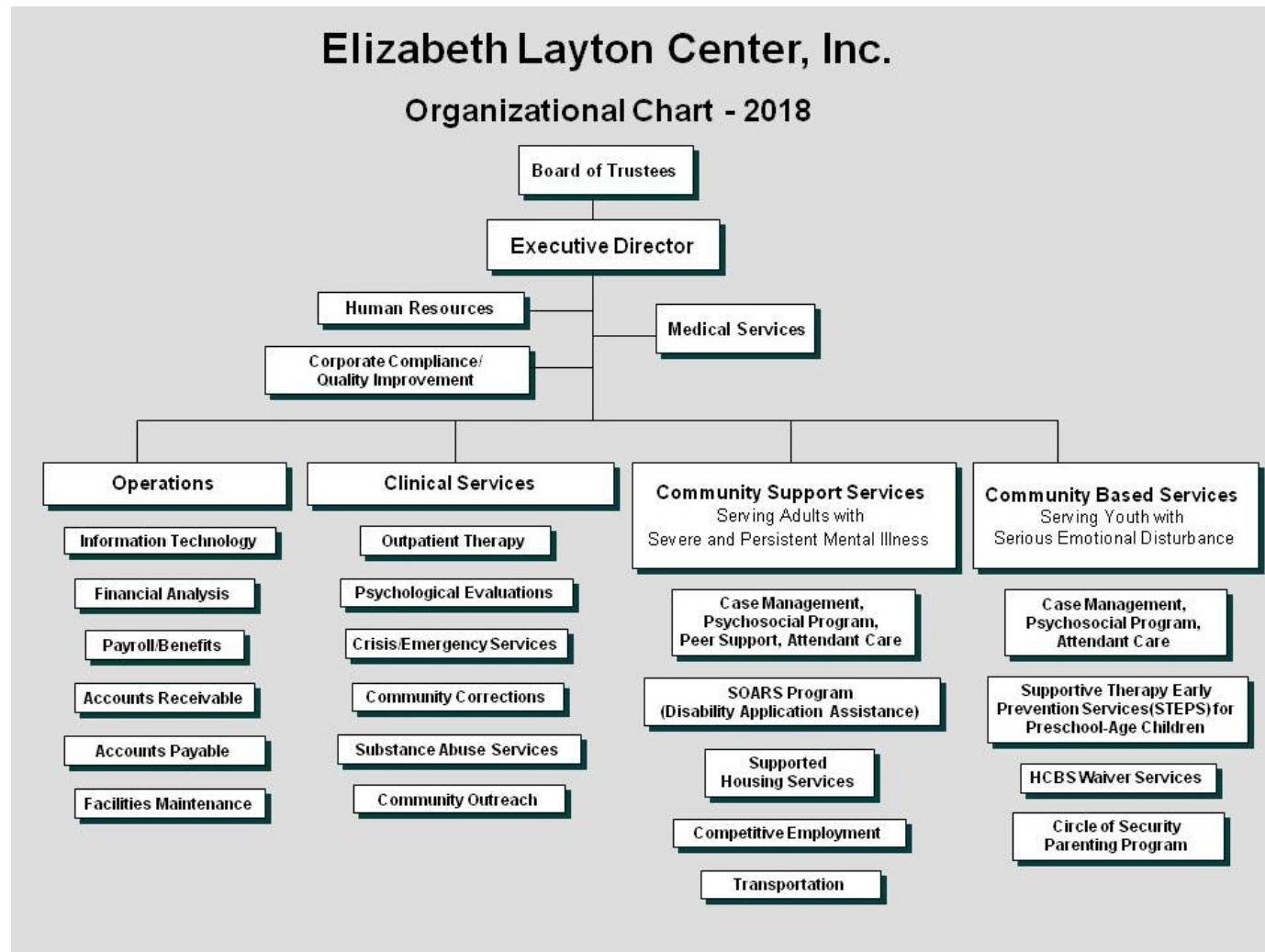
Annual Household Income

\$0 to \$11,490 743 46.5%
\$11,491 to \$15,282 113 7.1%
\$15,283 to \$22,980 192 12.0%
\$22,981 to \$35,000 201 12.6%
\$35,001 to \$42,000 40 2.5%
\$42,001+ 310 12.4%

Client Insurance Coverage

Medicaid 773 37.8%
Commercial Insurance 745 36.4%
Self Pay 332 16.2%
Medicare 196 9.6%

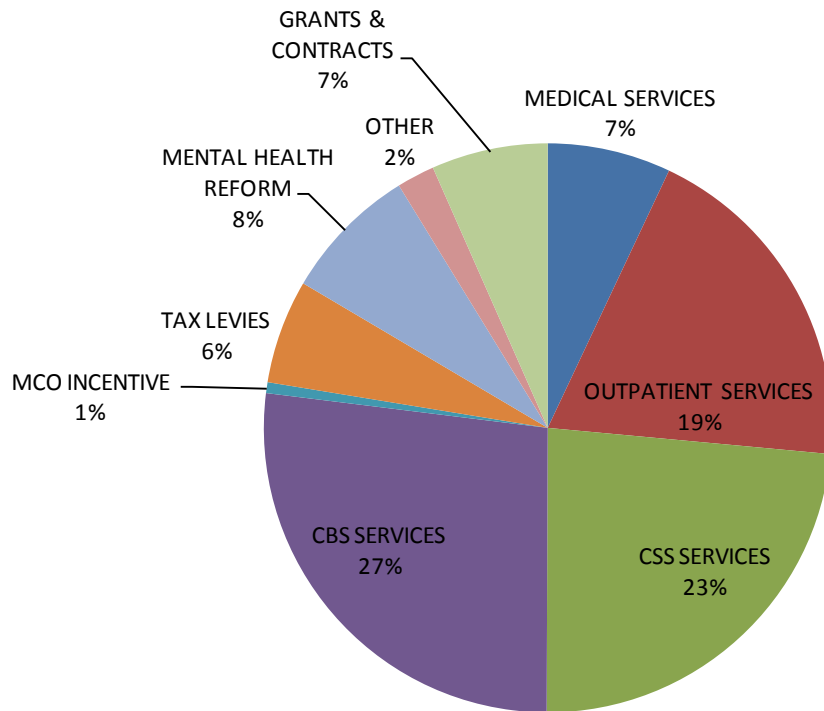
Organizational Structure



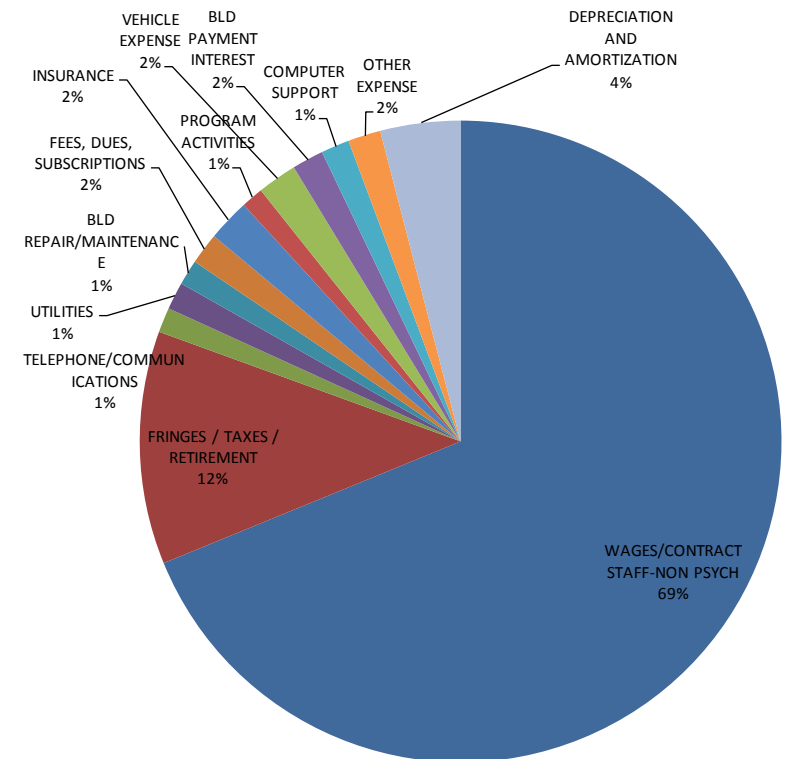
Average Number of Employees in 2017:	151
Total Hours Worked in 2017:	252,875

2017 By the Numbers

REVENUE
\$7,088,711



EXPENSE
\$7,036,646



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After Hours Crisis Services

1.800.241.1266

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 & Children's Office

25955 W 327th Street

PO Box 463

Paola, Kansas 66071

Telephone: 913.557.9096

Facsimile: 913.294.9247

Community Support Services

102 Baptiste Drive

Paola, Kansas 66071

Telephone: 913.557.9096

Facsimile: 913.294.4996



 www.laytoncenter.org 

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