



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

Psychiatric Medication & Psychological Evaluations

2,342 Medication Management Clients Served in 2018

Franklin County — Adults 902 and Children 447 **Miami County** — Adults 713 and Children 465
Total Med Evaluations — 701 Total Evaluation & Management Services (med checks) — 8,156

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. Some evaluations may require a formal Intake Assessment.

ELC provided the following numbers of Psychological Evaluations in 2018: ADHD (7), Bariatric (6), Parenting Assessments (2), Diagnostic (55), Substance Use Evaluation (12), Achievement (4), IQ (8), DUI Evaluations (9), and Competency to Stand Trial (8).

Outpatient Therapy Services

**1,668 Initial Appointments in 2018
859 Franklin County—809 Miami County**

Common Reasons for Seeking Services: 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**.

The Center for Disease Control and Prevention estimates that 50% of all Americans will be diagnosed with mental illness in their lifetime.

Crisis Services & Mental Health First Aid

1,074 Crisis Services/State Hospital Assessments in 2018

Franklin County — 543 Miami County — 531

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 Operations Director, Loree Love.



2018
ELC Trained/Certified

77 in the **Adult Course**

23 in the **Youth Course**

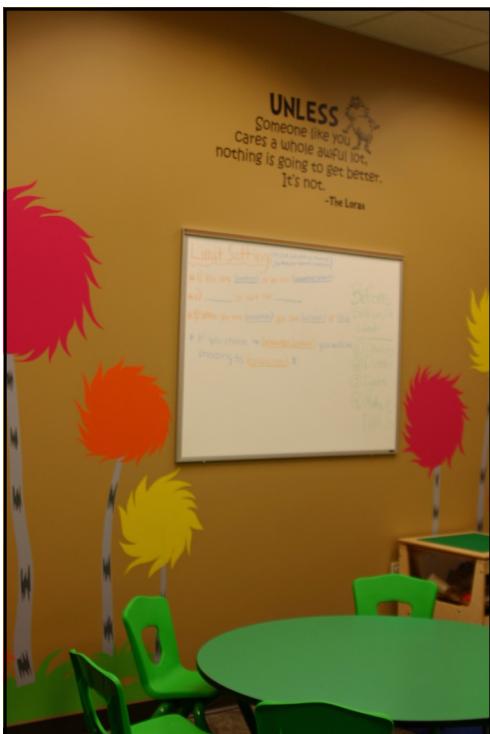
Community Based Services for SED Youth

368 Youth with SED Served in 2018

Number Served Franklin County — 205 Miami County — 163

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 psycho-social treatment group. ELC works with youth of all ages from toddlers, preschoolers, grade school, adolescents and young adults.



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

265 Adults with SPMI Served in 2018

Franklin County — 157 and Miami County — 108

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



Art is a tool used in the recovery process. ELC has some psychosocial groups incorporating art into the curriculum. **PhotoVoice** was developed in 2017, 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.

Client Success Stories and Testimonials

An adult presented for treatment of **panic attacks** that were impacting work and causing him to remain in his home. Through treatment with clinician Jade Brake, this individual **learned coping skills** that he now uses effectively to **decrease the panic attacks and increase his confidence to leave the home.**

After a long **history of severe mental illness** with **many psychiatric hospitalizations**, one adult woman is recently **finding relief** through treatment with clinician Lisa Cannady. This client has begun working through **trauma related issues** and has shown **signs of progress** including **decreased psychiatric hospitalizations**.

An adult was court-referred for completion of **Anger Management** programming. Through **evidence-based treatment** with clinician Robin Burgess, this client demonstrated improvement in a number of different areas in life. Client reported that his **relationship had improved** and that he was **getting along with more people at work.**

"Shelly Sills is amazing! [She] is concerned about my kids' well-being and wants to help them. [Shelly] does a great job of communicating and working as a team."

A Youth presented for treatment following **trauma**, and reported **anxiety** about having to attend **court against the perpetrator**. Through therapy with clinician Ashley Subuh, this Youth was able to learn many **coping strategies** and **emotional management techniques**. Following the court's decision, the Youth reported having **fewer nightmares and feeling happier**. She **successfully graduated from services at ELC.**

A foster parent noted that Chrissy Robinson is "great." She has good relationships with the Youth, which allows the Youth to really open up and communicate.

The family of an adult served in crisis submitted a letter of praise for ER Coordinator, Kim Wood. The family indicated that Ms. Wood provided **excellent service** and **recommendations** regarding the need to meet with a physician to evaluate medications related to a **chronic condition**. After meeting with her physician and **completing a medication adjustment**, this client experienced a **significant decrease in mental health symptoms** and was able to **remain in the community** instead of being admitted to a nursing home.

Outpatient Clinician Barbara Cordts assisted a client in reducing drinking behavior from 84 beers/week to 18 beers/week

After living in ELC's supported housing program for two years, an adult was able to **successfully obtain their own apartment** and achieve their goal of **independent living.**

April Patton (CBS) is doing an "outstanding job!" April does a good job of addressing concerns with youth in a way the youth will hear them.

An adolescent client began CBS services in the Fall of 2016. At that time, she was experiencing **severe symptoms of PTSD** as a result of years of sexual trauma. In October 2018, she **successfully graduated from CBS program** having learned to identify when symptoms are worsening and how to seek additional treatment when needed. She continues to receive therapy and medication services.

After experiencing a **traumatic event and numerous psychiatric hospitalizations**, a Youth was screened in crisis and successfully diverted from the hospital. With the help of CBS services, this **young woman** is now engaged in **DBT programming**, has **improved sleep** and is **developing insight into her condition.**

A Consumer reported that Asher Erickson, CSS Case Manager, is "amazing" and added she is very happy with the services he provides, including assistance with housing.

Overall Client Demographics

Total Clients Served in 2018 4,116

Total Services Provided in 2018: 102,382

Gender

Male	1977	48.0%
Female	2136	51.9%
Other	3	.1%

Age

<6	79	1.9%
6-12	624	15.2%
13-18	732	17.8%
19-24	423	10.3%
25-34	645	15.7%
35-44	566	13.8%
45-54	441	10.7%
55-64	417	10.1%
65>	182	4.4%

Admissions — 1668

Average per month	139
Average per week	32
Average per working day	6

Annual Household Income

\$0 to \$11,490	1793	47.9%
\$11,491 to \$15,282	265	7.1%
\$15,283 to \$22,980	420	11.2%
\$22,981 to \$35,000	491	13.1%
\$35,001 to \$42,000	172	4.6%
\$42,001>	599	16.0%

Ethnicity

White	3650	89.7%
Multiracial/Unknown	216	5.3%
Black/African American	99	2.4%
Hispanic	58	1.4%
Native American	36	.9%
Asian	9	.2%

Client Primary Insurance Coverage

Commercial Insurance	1464	35.0%
Medicaid	1452	34.7%
Self Pay	793	19.0%
Medicare	475	11.4%

Diagnostic Summary of Primary Diagnoses

Depression	29.4%
Anxiety (Phobias, PTSD, Trauma)	23.0%
ADHD	13.7%
Adjustment Disorders	8.8%
Bipolar	8.2%
Conduct/Oppositional Disorders	7.2%
Schizo Spectrum Disorders	6.1%
Substance Use	2.2%
Personality Disorders	.9%
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: 2,084
Total Services: 57,818

Admissions – 859

Average per month	71.5
Average per week	16.5
Average per working day	3.3

Gender

Male	996	47.8%
Female	1086	52.1%
Other	2	.1%

Age

<6	39	1.9%
6-12	290	13.9%
13-18	328	15.8%
19-24	236	11.3%
25-34	362	17.4%
35-44	287	13.8%
45-54	235	11.3%
55-64	218	10.5%
65>	87	4.2%

Ethnicity

White	1897	93.2%
Black/African American	46	2.3%
Other/Unknown	44	2.2%
American Indian	23	1.1%
Hispanic	22	1.1%
Asian	4	0.2%

Annual Household Income

\$0 to \$11,490	1007	51.1%
\$11,491 to \$15,282	131	6.6%
\$15,283 to \$22,980	248	12.6%
\$22,981 to \$35,000	256	13.0%
\$35,001 to \$42,000	92	4.7%
\$42,001>	236	12.0%

Client Primary Insurance Coverage

Medicaid	768	36.4%
Commercial Insurance	676	32.0%
Self Pay	396	18.8%
Medicare	271	12.8%

M I A M I C O U N T Y

Total Clients Served: 2,032
Total Services: 44,564

Admissions – 809

Average per month	67.4
Average per week	15.5
Average per working day	3.1

Gender

Male	981	48.3%
Female	1086	51.7%
Other	1	.0%

Age

<6	40	2.0%
6-12	334	16.5%
13-18	404	19.9%
19-24	187	9.2%
25-34	283	14.0%
35-44	279	13.8%
45-54	206	10.2%
55-64	199	9.8%
65>	95	4.7%

Ethnicity

White	1753	86.3%
Multiracial/Unknown	172	8.5%
Black/African American	53	2.6%
Hispanic	36	1.8%
Native American	13	.6%
Asian	5	.2%

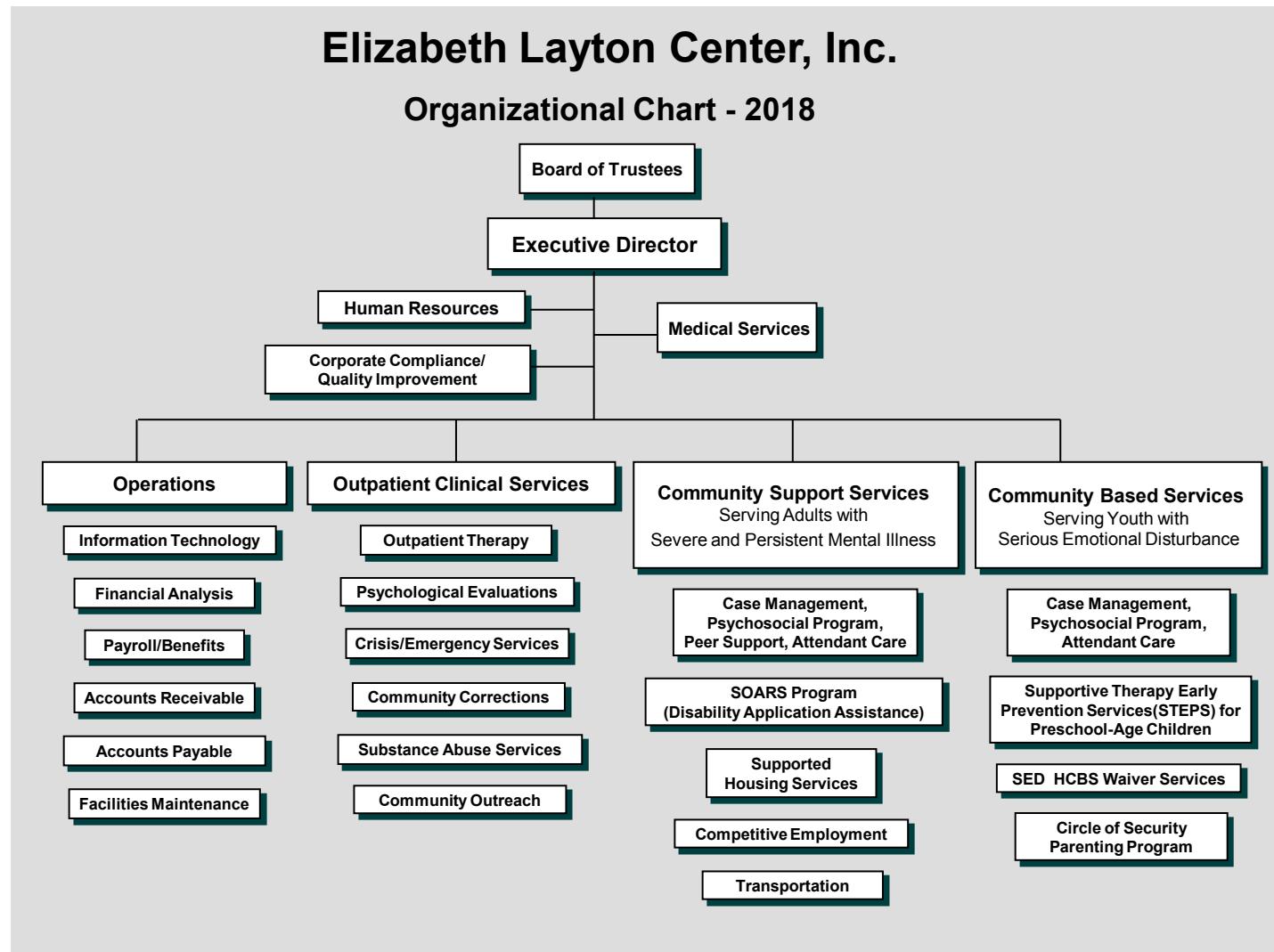
Annual Household Income

\$0 to \$11,490	786	44.4%
\$11,491 to \$15,282	134	7.6%
\$15,283 to \$22,980	172	9.7%
\$22,981 to \$35,000	235	13.3%
\$35,001 to \$42,000	80	4.5%
\$42,001>	363	20.5%

Client Primary Insurance Coverage

Medicaid	684	33.0%
Commercial Insurance	788	38.0%
Self Pay	397	19.2%
Medicare	204	9.8%

Organizational Structure

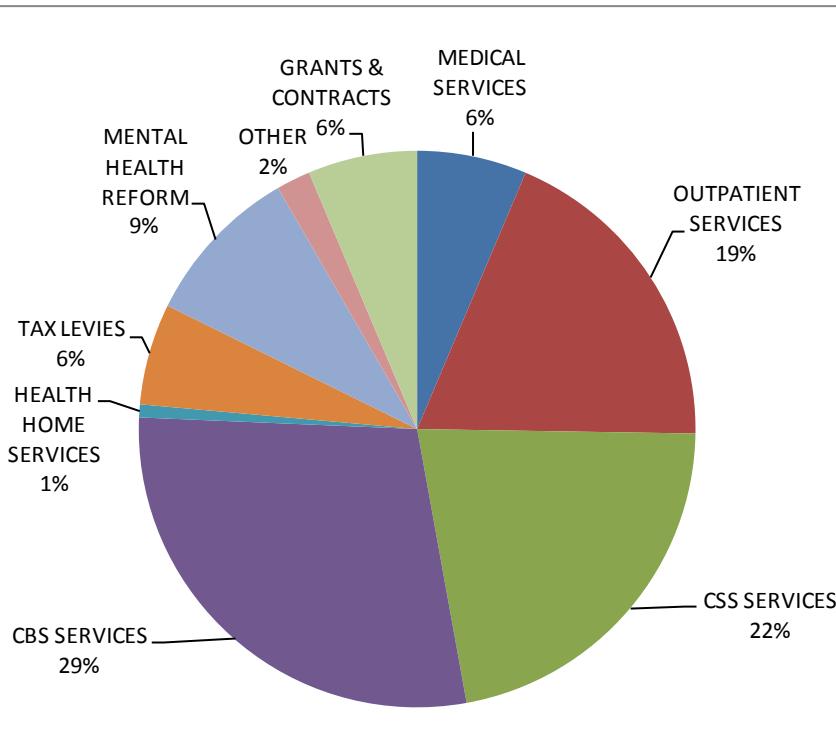


Average Number of Employees in 2018: **142**

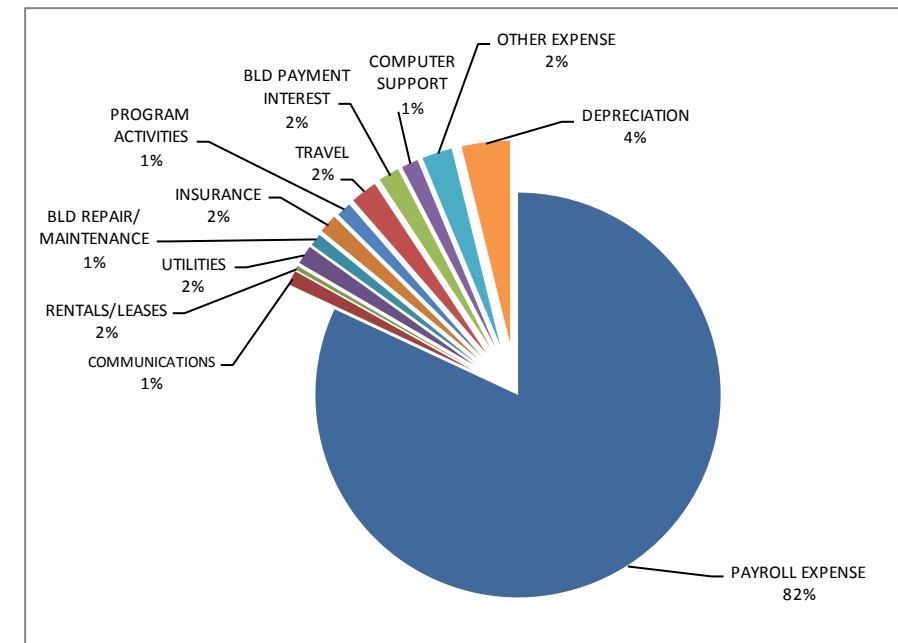
Total Hours Worked in 2018: **248,557**

2018 By the Numbers

REVENUE
\$7,125,252



EXPENSE
\$6,967,746



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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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