Elizabeth Layton Center

For Hope and Guidance

Annual Report 2022

OUR MISSION

Elizabeth Layton Center provides comprehensive and integrated behavioral health services for our community.

Look what's happening at Elizabeth Layton Center!

Certified Community Behavioral Health Clinics: The care model for our future.

Greetings!

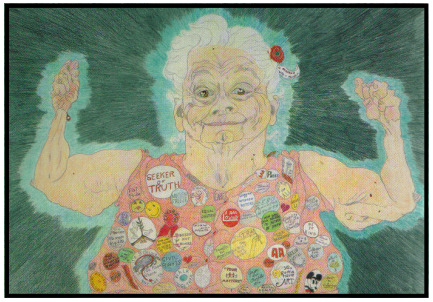
It's an exciting time of growth at Elizabeth Layton Center (ELC!)

As the designated Community Mental Health Center for Franklin and Miami Counties, ELC has been honored to serve the behavioral health needs of our community since 1958. We offer a large array of community-based mental health and substance use treatment services that are patient-centered and affordable, including 24/7 crisis mental health care regardless of ability to pay.

ELC has been working hard toward certification as a Certified Community Behavioral Health Clinic (CCBHC.) The CCBHC model of care has several advantages for our community, including the following:

1. **Increased access to services** (e.g. coming soon: "Same Day Intake Clinic" and "Just in Time" medication prescribing.)
2. **Improved quality of care** (e.g. improved care coordination and integration, as well as new evidence-based programs.)
3. **Better financial sustainability** (e.g. CCBHC's get an enhanced Medicaid reimbursement that's based on costs of care.)

CCBHC certification will help ELC better serve you and those you love. Mental health and substance use challenges are prevalent, but effective and affordable care is available at ELC. Contact us for more information on services and/or how to join our team!



Easy Steps to Access Care at Elizabeth Layton Center

Call for an Initial (Intake) Service - Mon-Thur 8am-7pm, Fri 8am-5pm

Franklin County: 785.242.3780

Miami County: 913.557.9096

What to Expect: Our Intake Coordinator will get brief info about the presenting concern, demographics, household and insurance information. A Patient Navigator may ask additional questions and can offer support through the intake process. A Licensed Mental Health Professional will gather more detailed information about your presenting concern, history and treatment goals, and can provide initial diagnostic impressions and patient-centered treatment planning.

For Crisis Behavioral Health Care 24/7 call

Franklin County: 785.242.3780

Miami County: 913.557.9096

After Hours: 800-241-1266

What to Expect: A Licensed Mental Health Professional or Team will provide an assessment to identify imminent behavioral health risk and will offer immediate crisis stabilization and referral options.

"The best treatments for serious mental illness today are highly effective"

National Alliance for Mental Illness

Community Engagement

As a Community Mental Health Center, ELC prioritizes engagement with community partners in order to better serve the behavioral health needs of those living in our community. Following are some of the formal community partnerships in which ELC engages.

Franklin County

- FrCo Crisis Intervention Team (CIT)
- Ottawa Police Dept. Co-Responder and Community Policing Program
- Community Health Improvement Planning Committee
- 4th Judicial District Community Corrections Board Membership & Care Coordination
- FrCo Emergency Planning Council
- Coordinated Community Response Team
- ECKAN Headstart Consultation
- Area Agency on Aging Caregiver Support
- FrCo Substance Use Coalition
- FrCo Homelessness Coalition
- USD290 on-site Case Management
- City of Ottawa partnership
- American Eagle Outfitter partnership
- Sheriff's Advisory Council
- County Commission partnership

Miami County

- MiCo Multidisciplinary Team for Youth
- MiCo Justice Council member
- USD368 Mental Health In Schools Program
- MiCo Jail Consultation & Discharge Coordination
- Community Health Improvement Planning Committee
- MiCo Health Coalition Membership
- My Father's House Board Membership
- United Way of Miami County partner
- 6th Judicial District Community Corrections Board Membership & Care Coordination Program
- MiCo Emergency Planning Council
- ECKAN Headstart Consultation
- Area Agency on Aging Caregiver Support
- Health Department tobacco cessation initiative partner
- Healthy Minds Suicide Prevention Team
- Osawatomie State Hospital Advisory Committee
- MiCo Homelessness Coalition
- USD416 on-site Case Management
- County Commission partnership

Overview of Services

The Elizabeth Layton Center is a private, not-for-profit Community Mental Health Center (CMHC) providing mental health and substance treatment services to the residents of Franklin and Miami counties. As a CMHC, we offer necessary services to eligible residents regardless of ability to pay.

Outpatient

- Brief Screening and Intervention
- Diagnostic Evaluation/Intake Assessment
- Mental Health & Substance Treatment
- Individual & Family Therapy
- Group Counseling
- Psychological Testing/Evaluation
- 24/7 Crisis Assessment & Intervention

Medical/Psychiatric

- Psychiatric Medication Evaluation
- Psychiatric Prescription Management
- Medication Injections
- OneCare Kansas integrated health coordination for Kancare members

Community Based Services

For Youth with 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

For Adults with Severe and Persistent Mental Illness

- Case Management
- Attendant Care
- Psychosocial Group/Individual
- Supported Housing
- Peer Support
- Medicaid Non-Emergent Medical Transportation
- Medicalodge NFMH Special Services

Outpatient Therapy Services

1,353 Intake Appointments in 2022
(Adults 817 and Youth 536)

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

Our Qualified Mental Health Professionals offer compassionate and informed services in a comfortable and safe environment. Therapy services include individual, family and group modes of treatment for a wide variety of issues. ELC's mental health and substance treatment services are designed to help improve a person's qualify 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, and Exposure Therapy among others.

Substance Use Services

This 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.

DETAILS ON 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 (Same Day Access coming this year!)**
4. Plan to **arrive early** (30 minutes for adults, 60 minutes for children), meet with the Intake Coordinator and/or Patient Navigator to complete paperwork. You will 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**
   - **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, you will **receive a preliminary diagnosis** and an **initial patient-centered treatment plan**.

1 in 4 (lifetime prevalence) diagnosable mental illness

Centers for Disease Control and Prevention

Psychiatric Medication & Psychological Evaluations

687 Initial Medication Evaluations & 7,851 Med Management services in 2022
1,053 Psychological Evaluations (ADHD, Substance, IQ, Bariatric, etc.)

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/assessment tools as part of the evaluation process. Some evaluations may require a formal Intake Assessment.

Crisis Services & Mental Health First Aid

898 Crisis Assessments provided in 2022

Crisis Services

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 like Osawatomie State Hospital (OSH) requires an assessment by our crisis team. ELC staff coordinate with clients, families and local partners to reduce inpatient admissions and keep people safe in the community through the delivery of comprehensive mental health services.

We partner closely with law enforcement, hospital emergency departments and other emergency responders to help those in crisis. ELC participates with crisis responding partners in the **Crisis Intervention Team (CIT)** program, which is a model to help first responders navigate situations involving mental illness, developmental disabilities or emotionally disturbed persons in crisis. ELC is also excited to embark on a **Crisis Co-Responder Program** with Ottawa Police Department next year!

Mental Health First Aid

Mental Health First Aid is a **best-practice curriculum** providing tools to help assist others experiencing a behavior health crisis. The course teaches how to identify risk factors & warning signs for mental health and addiction concerns, a 5-step action plan to help others, and how to access professional help. **Two courses** are available— one focusing on **Youth in crisis,** and one focusing on **Adults in crisis.**

ELC receives some funding through United Way of Miami County to provide this training. Classes are offered on a scheduled basis throughout the year. Individual classes for an agency may also be arranged. **For more info contact Operations Director Loree Love at llove@laytoncenter.org.**

2022

ELC Trained/Certified

25 in the **Adult Course**

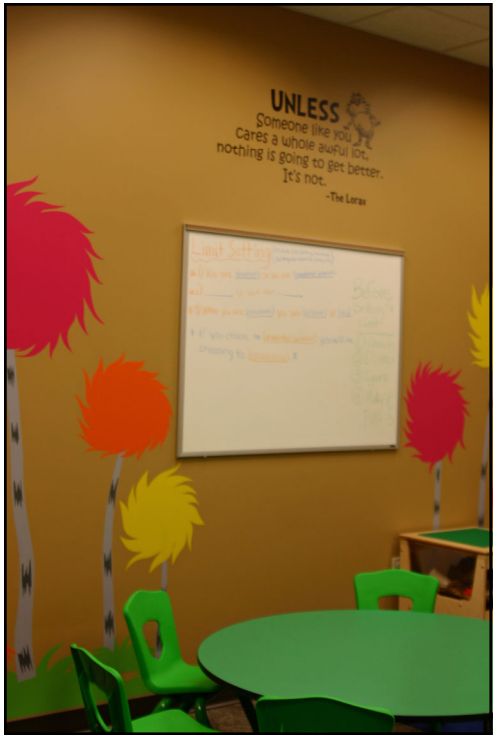
14 in the **Youth Course**

Community Based Services for Youth

6,166 Case Management Services Provided to Youth in 2022
5,011 Psychosocial Group Services Provided to Youth in 2022

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 symptoms 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 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 symptoms.

Psychosocial Group Programming:

Psychosocial group programming is used to teach essential behavioral and social skills to support youth in making pro-social 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 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 the their children's cues and develop healthy attachments. This program is **free of charge** to parents who qualify.

Community Support Services for Adults

Services Provided to Adults in 2022
6,186 Case Management Services & 903 Peer Support Individual Services
1,535 Psychosocial Group & 1,280 Peer Support Group

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.

New Beginnings Facebook Live "Daily Chat" 2020 — 2022

When the pandemic started in March 2020, Troy Hoffman, Psychosocial Group Leader began a daily **Facebook Live** presentation to help keep CSS clients engaged with their service providers. It expanded on the daily post of groups schedule for the day, announcements of upcoming groups, and encouraging mental health memes having averaged 12-28 views per day.

The **Daily Chat for 2022** transitioned to reading and reflecting on mental health testimonies from others struggling with mental illness from the National Alliance on Mental Illness (NAMI) website www.nami.org/Personal-Stories.

Overall Client Demographics

Total Clients Served in 2022 **3,515**

Total Billable Services Provided in 2022: **90,204**

Gender

Male	1589	45.2%
Female	1921	54.7%
Other	5	.1%

Age

<6	76	2.2%
6-12	519	14.8%
13-18	653	18.6%
19-24	354	10.1%
25-34	518	14.7%
35-44	484	13.8%
45-54	363	10.3%
55-64	307	8.7%
65>	241	6.9%

Admissions — 1,353

Average per month	**112.75**
Average per week	**26.02**
Average per working day	**5.20**

Household Income

$0—11,490	771	21.9%
$11,491-15,282	23	.7%
$15,283-22,980	54	1.5%
$22,981-35,000	120	3.4%
$35,001-42,000	44	1.3%
$42,001+	235	6.7%
Not Reported	2268	64.5%

Ethnicity

White	3079	87.6%
Not Reported	280	8.0%
Black/African American	80	2.3%
Hispanic	37	1.1%
Native American	33	.9%
Asian	6	.2%

Client Primary Insurance Coverage

Commercial Insurance	1526	43.4%
Medicaid	1313	37.4%
Self Pay	321	9.1%
Medicare	284	8.1%
Other	71	2.0%

Diagnostic Summary of Primary Diagnoses

Depression	23.8%
Anxiety (Phobias, PTSD, Trauma)	20.3%
ADHD	16.3%
Bipolar	11.5%
Conduct/Oppositional Disorders	8.3%
Schizoaffective Disorders	7.6%
Psychotic Disorders	7.6%
Adjustment Disorders	2.0%
Other Disorders	1.1%
Personality Disorders	.9%
Substance Use	.6%

Client Demographics - By County

FRANKLIN COUNTY

Total Clients Served: 1,668
Total Services: 49,010

Gender		
Male	745	44.6%
Female	920	55.2%
Other	3	.2%

Age		
<6	35	2.1%
6-12	248	14.9%
13-18	313	18.8%
19-24	163	9.8%
25-34	267	16.0%
35-44	213	12.8%
45-54	171	10.3%
55-64	151	9.1%
65>	107	6.4%

Ethnicity		
White	1469	88.1%
Other/Unknown	131	7.9%
Black/African American	31	1.9%
Hispanic	20	1.2%
Native American	13	.8%
Asian	4	.2%

Client Primary Insurance Coverage		
Medicaid	698	41.8%
Commercial Insurance	659	39.5%
Self Pay	142	8.5%
Medicare	142	8.5%
Other	27	1.7%

Household Income		
$0—11,490	404	24.2%
$11,491-15,282	5	.3%
$15,283-22,980	12	.7%
$22,981-35,000	18	1.1%
$35,001-42,000	5	.3%
$42,001+	27	1.6%
Unknown	1,197	71.8%

MIAMI COUNTY

Total Clients Served: 1,847
Total Services: 41,194

Gender		
Male	844	45.7%
Female	1001	54.2%
Other	2	.1%

Age		
<6	41	2.2%
6-12	271	14.7%
13-18	340	18.4%
19-24	191	10.3%
25-34	251	13.6%
35-44	271	14.7%
45-54	192	10.4%
55-64	126	8.4%
65>	134	7.3%

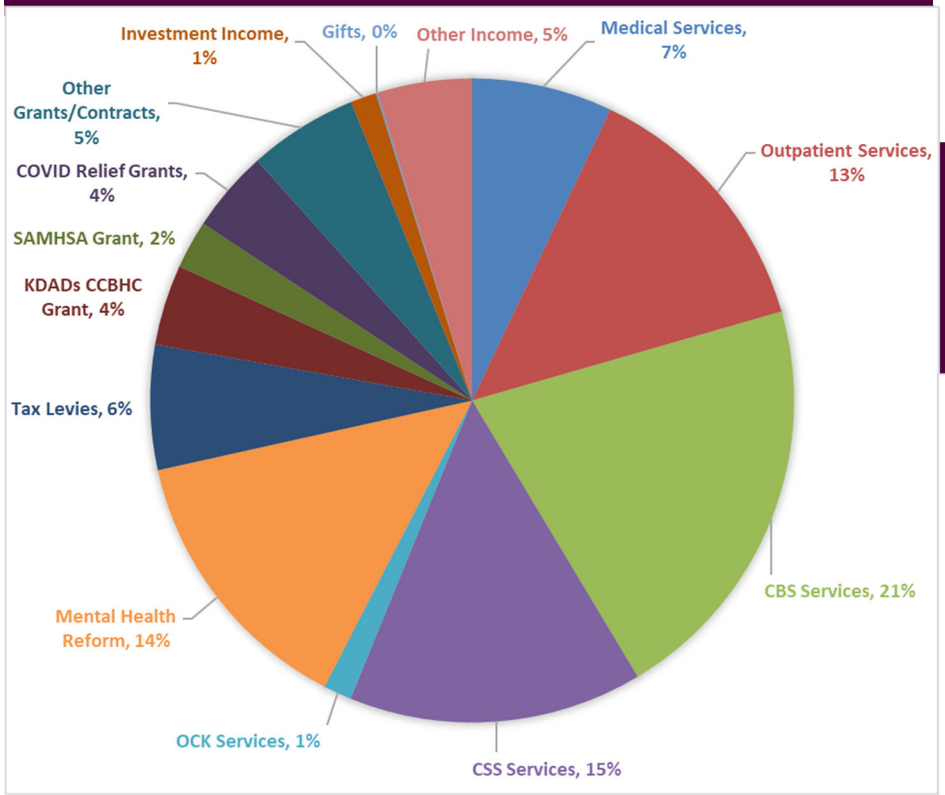
Ethnicity		
White	1610	87.2%
Other/Unknown	149	8.1%
Black/African American	49	2.7%
Hispanic	17	.9%
Native American	20	1.0%
Asian	2	0.1%

Client Primary Insurance Coverage		
Medicaid	615	33.3%
Commercial Insurance	867	46.9%
Self Pay	179	9.7%
Medicare	142	7.7%
Other	44	2.4%

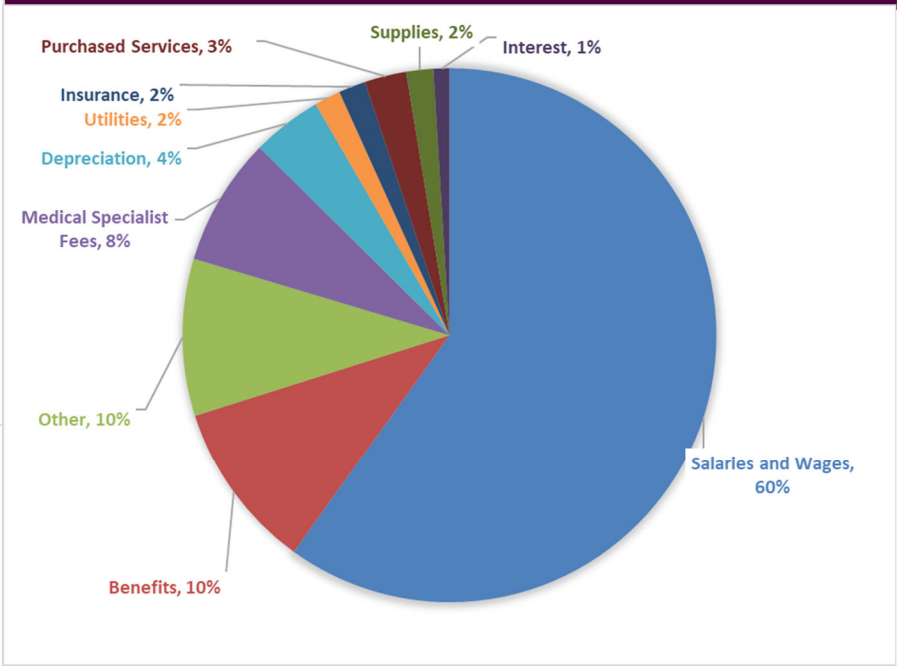
Household Income		
$0—11,490	367	19.9%
$11,491-15,282	18	1.0%
$15,283-22,980	42	2.3%
$22,981-35,000	102	5.5%
$35,001-42,000	39	2.1%
$42,001+	208	11.3%
Unknown	1071	58.0%

2022 By the Numbers

INCOME
$7,262,737

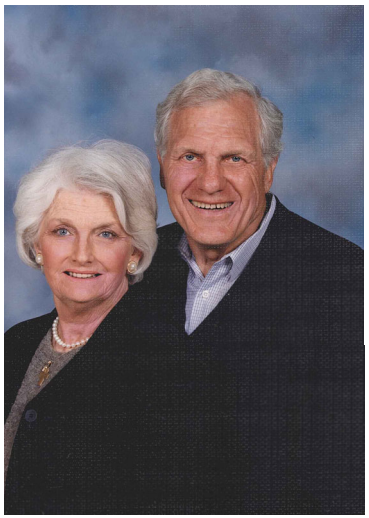


EXPENSES
$7,150,625



2022 ELC Unaudited Financials

Winter Family Depression Treatment Program



Elizabeth Layton Center implemented the Winter Family Depression Treatment Scholarship in 2021. This program was made possible through generous donation from the **Wint and Nancy Winter Family Fund for Treatment and Research on Depression.**

This scholarship allows the residents of Franklin and Miami Counties the ability to offset the cost of ELC services for the **treatment of depression** and related conditions.

When left untreated, clinical depression can lead to significant dysfunction in life and/or suicide. Fortunately, effective treatment for clinical depression is available through Elizabeth Layton Center. This is one option available that can make treatment more affordable in our community.

Winter Family Depression Treatment Scholarship Program

	2021	2022
Persons Served:		
Franklin County	28	55
Miami County	44	91
Services Provided:		
Intakes	14	40
Medication Evaluation	5	28
Individual Therapy	81	271
Family Therapy	2	5
Crisis Therapy	10	12
Group Therapy	2	1
Medication Checks	47	144
Psych Testing	0	2
Case Management	5	0
Dollars Funded:		
	$15,867	$46,125

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Loree Love
Operations Director

Briana Madsen
HR Director

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

Client Success Stories and Testimonials

Several youth have been able to engage in the Ottawa Recreational Center's summer program due to community support they are receiving from Franklin County CBS services.

A client with SPMI was able to maintain sobriety and avoided self-harm despite being evicted from their home.

Five children in three separate families were returned to their parents after beginning family therapy and achieving successful reintegration.

A client praised therapist Kim Bowers as *"a bright spot in my day."* She shared that Kim has *"gone all out for me"* and "*advocated to meet my needs"* and described her as very compassionate.

A young adult was able to initiate enrollment with a community college with the assistance of the OneCare Kansas program.

A OneCare Kansas client said he is super satisfied with services from his CSS Case Manager, Nathan Gillaspie ***"He is very in tune with what I'm doing. He is open to change and he understands me."***

Operations Team Member, April Ball, was able to help a client obtain patient assistance for medication within two days of the request, resulting in the client literally crying tears of joy.

A youth was able to use coping skills during a triggering psychosocial group and did not become emotionally dysregulated. Foster Mom has reported that she has observed her using coping skills **100% on her own** without prompting at home.

A client with Schizophrenia was successfully transferred from CBS to CSS services and reported excitement to begin more "adult" work.

A client with a poor baseline, active hallucinations and prescription drug abuse had been struggling to maintain independent living. ELC staff worked with guardian, insurance company and pharmacy to stabilize client, provide medication drops and has kept client in the community.

www.laytoncenter.org

Your tax-deductible CHARITABLE DONATION is appreciated!