ELIZABETH LAYTON CENTER

For Hope and Guidance

Annual Report 2023

OUR MISSION

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

Look what's happening at Elizabeth Layton Center!

Your Community Mental Health Center
Now offering the CCBHC model of care

Greetings!

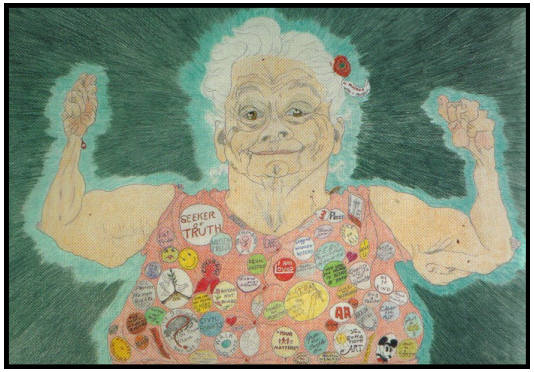
As the designated Community Mental Health Center for Franklin and Miami Counties, ELC has been honored to serve the behavioral health needs of our community since 1958. We offer a large array of community-based mental health and substance use treatment services that are patient-centered and affordable,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

In July 2023, ELC adopted the Certified Community Behavioral Health Clinic (CCBHC) model of care. This model offers several advantages for our community, including the following:

1. **Increased access to services -** like "Same Day Access" for first-time appointments, and "Just in Time" medication prescribing.
2. **Improved quality of care** - through care coordination, outcomes tracking and evidence-based treatments.
3. **Better financial sustainability** - the CCBHC model improves ELC's financial future, allowing for reduced fees for eligible residents for mental health and substance use treatment services.

The CCBHC model of care helps ELC better serve you and those you love. Effective and affordable care is available at ELC. Contact us for more information on services or how to join our team!

Leslie Bjork, Executive Director



Easy Steps to Access Care at Elizabeth Layton Center

ELC now offers "Same Day" walk-in for Initial (Intake) Service. See www.laytoncenter.org for more details. Or call our office at:

Franklin County: 785.242.3780

Miami County: 913.557.9096

What to Expect: Our Intake Coordinator will gather information about the presenting concern, demographics, household and insurance information. A Licensed Mental Health Professional will assess details of the 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 assess the crisis situation and 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
- FrCo Substance Use 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 Mental Health Initiative partner
- 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
- 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
- Assertive Community Treatment (ACT)

Medical/Psychiatric

- Psychiatric Medication Evaluation
- Psychiatric Prescription Management
- Medication Injections
- Medically Assisted Treatment (MAT)

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

1,128 Intake Appointments in 2023
(Adults 708 and Youth 420)

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

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.

New Evidence-Based Treatment Programs

ELC offers many evidence-based treatment options, including those listed below. Contact our office for more details.

1. Child-Parent Relationship Therapy (CPR Therapy): skills to promote positive child-parent relationships
2. Cognitive Behavioral Therapy (CBT): thinking healthier
3. Dialectical Behavior Therapy (DBT): regulating emotions and relationships
4. Seeking Safety: attaining safety from trauma and substance use
5. Assertive Community Treatment (ACT): treatment, rehabilitation and support services for individuals with serious mental illness
6. Individual Placement & Support (IPS): supported employment for people with serious mental illness
7. Psych Armor: supporting treatment for people who are military-connected

1 in 4 (lifetime prevalence) diagnosable mental illness

Centers for Disease Control and Prevention

Psychiatric Medication & Psychological Evaluations

632 Initial Medication Evaluations & 7,878 Med Management services in 2023
118 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

784 Crisis Assessments provided in 2023

Adults 474 - Youth 310

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 a proud partner in the **Crisis Co-Responder Program** with Ottawa Police Department!

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.**

2023

ELC Trained/Certified

27 in the **Adult Course**

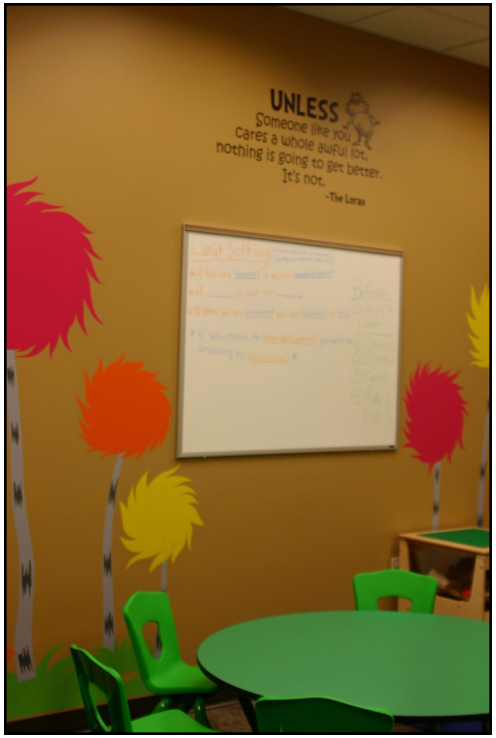
10 in the **Youth Course**

Community Based Services for Youth

6,156 Case Management Services Provided to Youth in 2023
4,906 Psychosocial Group Services Provided to Youth in 2023

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 2023

5,805 Case Management Services & 895 Peer Support Individual Services

1,566 Psychosocial Group & 1,117 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.

Community Support Services empower clients to become integrated within their community and avoid or reduce crises and inpatient admissions. All of our mental health services are customized in individualized treatment plans.

Case Management is a medically necessary treatment based on client strengths and the needs of the individual.

Care Coordination works with the client, family members and other service providers to access resources needed to sustain recovery.

Attendant Care: Assists individuals with functional independence in natural community settings of their choice enabling clients to accomplish tasks or engage in activities they would normally perform if they did not have a mental illness. Assistance is most often in the form of direct support, supervision and/or cueing for the client to learn to perform certain tasks on their own.

Peer Support Services: These services are recovery focused and designed to promote skills for coping with and managing symptoms of mental illness while facilitating the use of available resources and the enhancement of community living skills. These services are provided individually and in group settings. These services are provide by individuals who have also experience a psychiatric diagnosis in his/her life and has completed certified training to promote recovery.

Psychosocial Group: Provides a variety of group activities focused on assisting the participants with chronic mental illness in maximizing their level of independent functioning in the community and improving their quality of life.

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.

Overall Client Demographics

Total Clients Served in 2023: 3,425

Total Client Encounters in 2023: 56,076

Total Billable Units of Service Provided in 2023: 183,547

Admissions — 1,128

Average per month	**94**
Average per week	**24**
Average per working day	**5**

Gender

Male	1528	43.9%
Female	1894	55.9%
Other	3	.2%

Age

<6	63	1.8%
6-12	518	15.1%
13-18	619	18.1%
19-24	334	9.8%
25-34	503	14.6%
35-44	465	13.6%
45-54	366	10.7%
55-64	304	8.9%
65>	253	7.4%

Household Income

$0—11,490	390	11.4%
$11,491-15,282	44	1.3%
$15,283-22,980	71	2.1%
$22,981-35,000	155	4.5%
$35,001-42,000	81	2.3%
$42,001+	525	15.3%
Not Reported	2164	63.1%

Ethnicity

White	3038	88.7%
Not Reported	254	7.4%
Black/African American	78	2.3%
Hispanic	22	.6%
Native American	26	.8%
Asian	7	.2%

Client Primary Insurance Coverage

Commercial Insurance	1330	38.8%
Medicaid	1642	47.9%
Self Pay	355	10.4%
Medicare	88	2.6%
Other	10	.3%

Diagnostic Summary of Primary Diagnoses

Depression	25.1%
Anxiety (Phobias, PTSD, Trauma)	23.9%
ADHD	17.3%
Bipolar	8.8%
Adjustment Disorders	7.0%
Conduct/Oppositional Disorders	5.3%
Schizoaffective Disorders	3.2%
Substance Use	3.0%
Psychotic Disorders	2.8%
Other Disorders	2.2%
Autism	.8%
Personality Disorders	. 6%

Client Demographics - By County

FRANKLIN COUNTY

Total Clients Served: **1,593**
Total Service Encounters: **31,278**
Total Billed Units: **112,156**

Gender		
Male	700	43.9%
Female	891	56.0%
Other	2	.1%

Age		
<6	22	1.4%
6-12	252	15.8%
13-18	286	17.9%
19-24	150	9.4%
25-34	252	15.8%
35-44	191	12.0%
45-54	170	10.7%
55-64	157	9.9%
65>	113	7.1%

Ethnicity		
White	1538	90.1%
Other/Unknown	97	5.7%
Black/African American	46	2.7%
Hispanic	11	.6%
Native American	12	.7%
Asian	3	.2%

Client Primary Insurance Coverage		
Medicaid	762	44.6%
Commercial Insurance	735	43.1%
Self Pay	167	9.8%
Medicare	39	2.3%
Other	4	.2%

Household Income		
$0—11,490	156	9.0%
$11,491-15,282	20	1.2%
$15,283-22,980	33	1.9%
$22,981-35,000	110	6.4%
$35,001-42,000	52	3.0%
$42,001+	286	16.6%
Unknown	1070	61.9%

MIAMI COUNTY

Total Clients Served: **1,707**
Total Service Encounters: **23,996**
Total Billed Units: **69,749**

Gender		
Male	770	45.1%
Female	936	54.8%
Other	1	.1%

Age		
<6	39	2.3%
6-12	258	15.1%
13-18	317	18.6%
19-24	169	9.9%
25-34	227	13.3%
35-44	256	15.0%
45-54	178	10.4%
55-64	134	7.8%
65>	129	7.6%

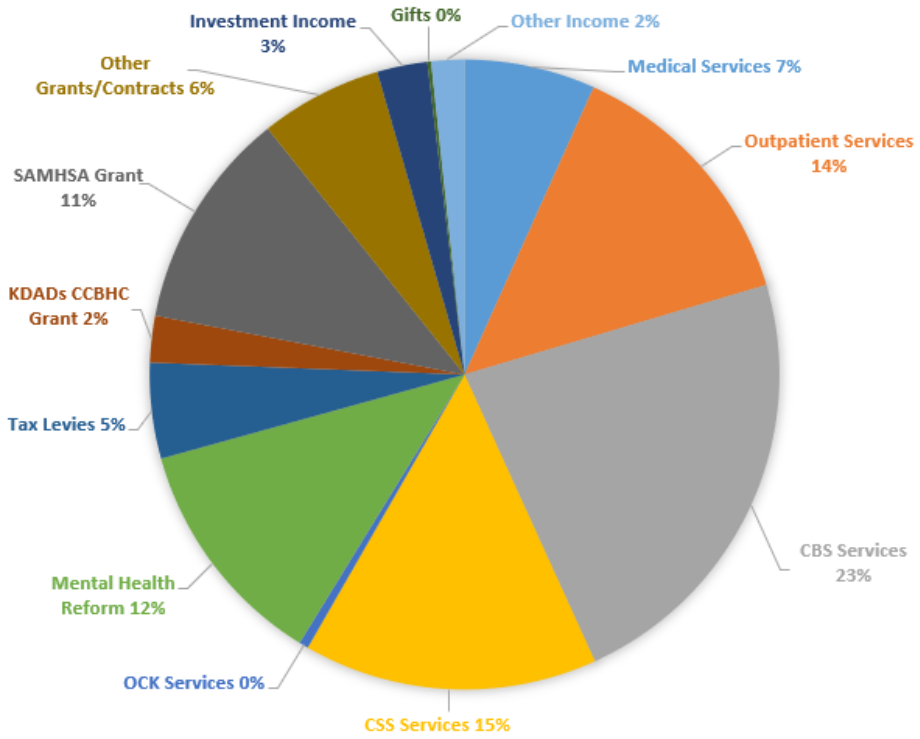
Ethnicity		
White	1409	88.4%
Other/Unknown	127	8.1%
Black/African American	29	1.8%
Hispanic	11	.7%
Native American	14	.9%
Asian	3	.1%

Client Primary Insurance Coverage		
Medicaid	836	52.5%
Commercial Insurance	544	34.1%
Self Pay	160	10.0%
Medicare	49	3.1%
Other	4	.3%

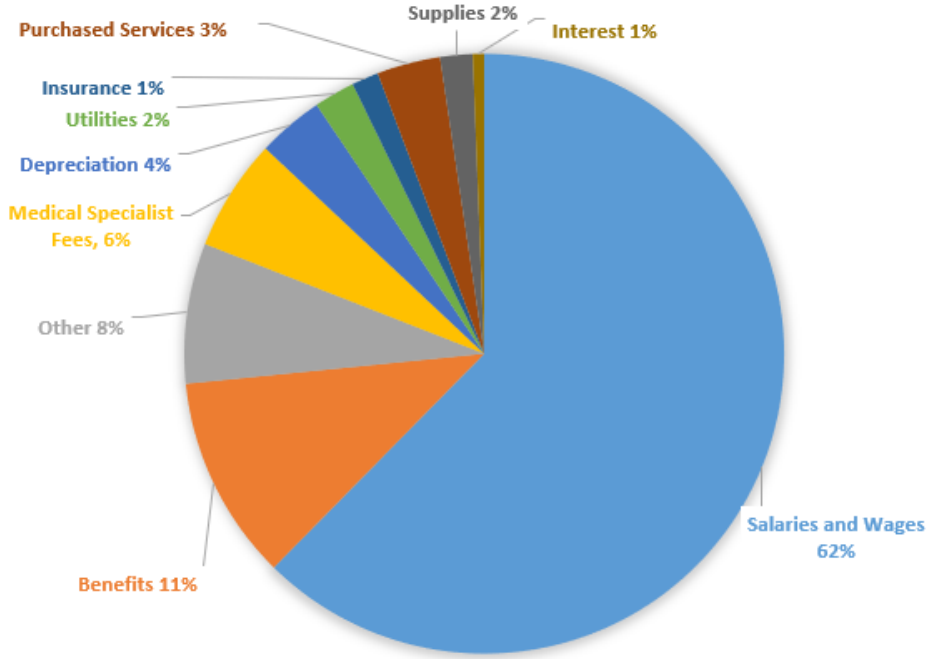
Household Income		
$0—11,490	227	14.2%
$11,491-15,282	24	1.5%
$15,283-22,980	36	2.2%
$22,981-35,000	45	2.8%
$35,001-42,000	27	1.7%
$42,001+	232	14.5%
Unknown	1010	63.1%

2023 By the Numbers

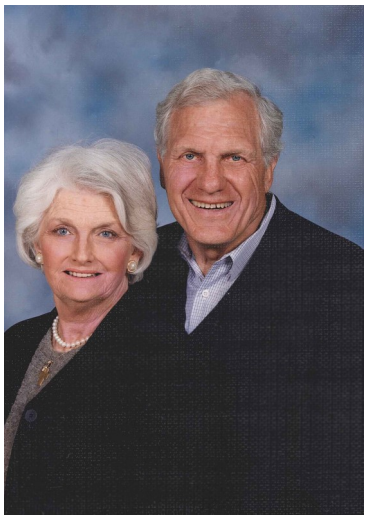
INCOME
$10,201,709



EXPENSES
$9,708,759



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	2023
Persons Served:			
Franklin County	28	55	17
Miami County	44	91	33
Services Provided:			
Intakes	14	40	8
Medication Evaluation	5	28	9
Individual Therapy	81	271	93
Family Therapy	2	5	3
Crisis Therapy	10	12	8
Group Therapy	2	1	4
Medication Checks	47	144	53
Psych Testing	0	2	1
Case Management	5	0	0
Dollars Funded:			
	$15,867	$46,125	$18,081

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Briana Madsen
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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

Client Success Stories and Testimonials

An early-aged youth previously had multiple incidents per week of physical aggression and property destruction at school. Through treatment, he has reduced aggressive behavior and has begun sharing with peers in the classroom.

Through a multi-team approach, an adult transitioned from aggressive opposition to to acceptance, and problem solving.

A man who was living in his truck was helped to move into ELC housing. This individual experienced a number of hurdles, including legal charges and substance challenges. While these problems could have led to a setback, the client re-committed to treatment, obtained employment, remains housed, and continues to attend recommended treatment services.

A client reported
"I would be in jail or dead if it wasn't for ELC and its services."

A CSS client said *"ELC services are excellent"* — When he moved here he was homeless; he says he now has a home and has gone back to school and is doing well. He shared he has gotten A's on his assignments and will be doing his first PowerPoint presentation.

An individual who had been engaging in daily self-harm behavior has not self-harmed once since initiating therapy services at ELC. They are future-oriented and state at each therapy session they feel "therapy has helped them become a stronger person".

One client who attends SUD groups and is primarily in treatment for alcohol use started a full-time job after not being able to work in years due to physical complications related to their alcohol use.

A youth who struggled with truancy at the beginning of the year had required frequent support from ELC's case manager to get to school. Through participation in psychosocial group therapy and case management, this individual now attends school regularly and gets good grades.

A client who had lived in a condemned space with no utilities has obtained a tiny home and is working with a Case Manager to secure resources for utilities.

An individual contacted for a quality call reported that *"ELC has helped me out immensely".*

www.laytoncenter.org

Your tax-deductible CHARITABLE DONATION is appreciated!