



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 (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

- Diagnostic Evaluation/Intake Assessment
- Mental Health & Substance Treatment
- 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

**657 Initial Medication Evaluations & 7,815 Med Management services in 2019
142 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/assessments as part of the evaluation process. Some evaluations may require a formal Intake Assessment.

ELC provided the following numbers of Psychological Evaluations in 2019: ADHD (27), Bariatric (2), Anger (3), Parenting Assessments (1), Diagnostic (48), Substance Use Evaluation (34), Achievement (2), IQ (13), DUI Evaluations (3), and Competency to Stand Trial (9).

Outpatient Therapy Services

1,558 Initial Appointments in 2019
748 Franklin County—810 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

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 your 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.

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.



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

628 Crisis Services/State Hospital Assessments in 2019
141 People trained in Mental Health First Aid

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 at llove@laytoncenter.org.



2019
ELC Trained/Certified
69 in the **Adult Course**
72 in the **Youth Course**

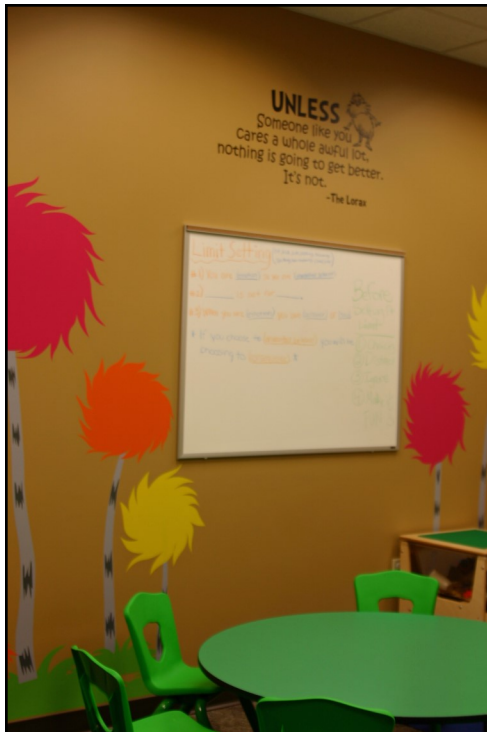
Community Based Services for SED Youth

7,526 Case Management Services provided to Youth in 2019

Franklin County — 4,358 Miami County — 3,168

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

8,346 Case Management Services provided to Adults in 2019

Franklin County — 4,494 Miami County — 3,850

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.

Overall Client Demographics

Total Clients Served in 2019 3,752

Total Services Provided in 2019: 93,892

Gender

| | | |
|--------|------|-------|
| Male | 1777 | 47.0% |
| Female | 1973 | 53.0% |

Age

| | | |
|-------|-----|-------|
| <6 | 69 | 2.1% |
| 6-12 | 444 | 13.5% |
| 13-18 | 556 | 16.9% |
| 19-24 | 300 | 9.1% |
| 25-34 | 549 | 16.7% |
| 35-44 | 453 | 13.8% |
| 45-54 | 369 | 11.2% |
| 55-64 | 353 | 10.7% |
| 65> | 200 | 6.1% |

Admissions — 1,558

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

Annual Household Income

| | | |
|----------------------|------|-------|
| \$0 to \$11,490 | 1757 | 49.9% |
| \$11,491to \$15,282 | 254 | 7.2% |
| \$15,283 to \$22,980 | 351 | 10.0% |
| \$22,981 to \$35,000 | 449 | 12.8% |
| \$35,001 to \$42,000 | 163 | 4.6% |
| \$42,001> | 544 | 15.5% |

Ethnicity

| | | |
|------------------------|------|-------|
| White | 3304 | 92.4% |
| Black/African American | 94 | 2.6% |
| Multiracial/Unknown | 83 | 2.3% |
| Hispanic | 52 | 1.5% |
| Native American | 34 | 1% |
| Asian | 9 | 0.2% |

Client Primary Insurance Coverage

| | | |
|----------------------|------|-------|
| Commercial Insurance | 1392 | 36.8% |
| Medicaid | 1313 | 34.8% |
| Self Pay | 41 | 17.0% |
| Medicare | 432 | 11.4% |

Diagnostic Summary of Primary Diagnoses

| | | |
|---------------------------------|------|-------|
| Depression | 1552 | 29.4% |
| Anxiety (Phobias, PTSD, Trauma) | 1130 | 21.4% |
| ADHD | 672 | 12.7% |
| Adjustment Disorders | 479 | 9.1% |
| Bipolar | 461 | 8.7% |
| Conduct/Oppositional Disorders | 346 | 6.5% |
| Psychotic Disorders | 331 | 6.3% |
| Substance Use | 157 | 3.0% |
| Personality Disorders | 44 | 1.0% |
| Autism Spectrum Disorders | 26 | 1.0% |

Client Demographics - By County

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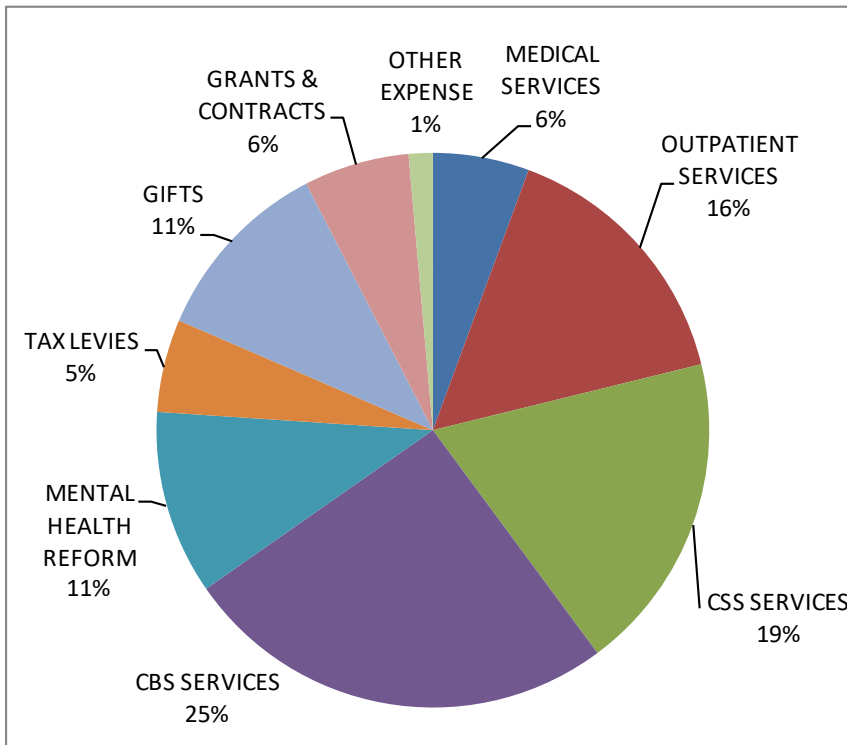
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|-------------------------------------------------|---------------|-------|
| Total Clients Served: | 1,813 | |
| Total Services: | 52,880 | |
| <u>Admissions</u> – 748 | | |
| Average per month | 62.3 | |
| Average per week | 14.4 | |
| Average per working day | 2.9 | |
| <u>Gender</u> | | |
| Male | 859 | 47.4% |
| Female | 954 | 52.6% |
| <u>Age</u> | | |
| <6 | 31 | 1.9% |
| 6-12 | 199 | 12.4% |
| 13-18 | 251 | 15.7% |
| 19-24 | 150 | 9.4% |
| 25-34 | 279 | 17.4% |
| 35-44 | 215 | 13.4% |
| 45-54 | 206 | 12.9% |
| 55-64 | 169 | 10.6% |
| 65> | 99 | 6.2% |
| <u>Ethnicity</u> | | |
| White | 1650 | 93.3% |
| Black/African American | 42 | 2.4% |
| Hispanic | 27 | 1.5% |
| Other/Unknown | 23 | 1.3% |
| American Indian | 22 | 1.2% |
| Asian | 5 | 0.3% |
| <u>Annual Household Income</u> | | |
| \$0 to \$11,490 | 943 | 53.5% |
| \$11,491 to \$15,282 | 112 | 6.3% |
| \$15,283 to \$22,980 | 184 | 10.4% |
| \$22,981 to \$35,000 | 225 | 12.8% |
| \$35,001 to \$42,000 | 78 | 4.4% |
| \$42,001> | 222 | 12.6% |
| <u>Client Primary Insurance Coverage</u> | | |
| Medicaid | 682 | 37.3% |
| Commercial Insurance | 600 | 33.8% |
| Self Pay | 289 | 15.8% |
| Medicare | 256 | 14.0% |

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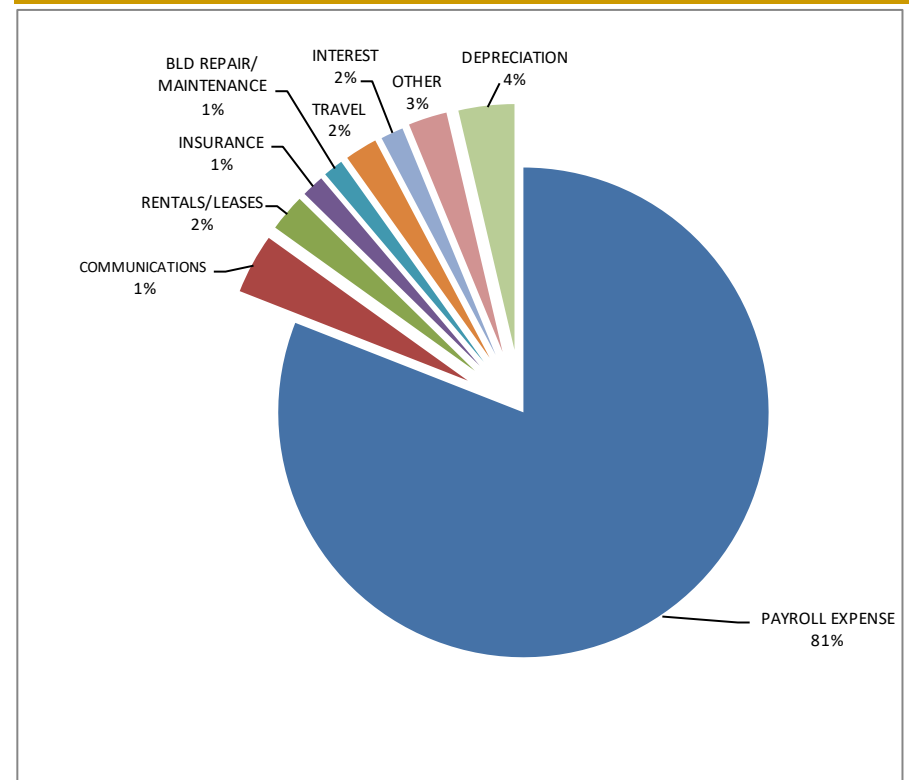
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|-------------------------------------------------|---------------|-------|
| Total Clients Served: | 1,939 | |
| Total Services: | 41,012 | |
| <u>Admissions</u> – 810 | | |
| Average per month | 67.5 | |
| Average per week | 15.6 | |
| Average per working day | 3.1 | |
| <u>Gender</u> | | |
| Male | 918 | 47.3% |
| Female | 1019 | 52.7% |
| <u>Age</u> | | |
| <6 | 38 | 2.2% |
| 6-12 | 245 | 14.5% |
| 13-18 | 305 | 18.0% |
| 19-24 | 150 | 8.9% |
| 25-34 | 270 | 15.9% |
| 35-44 | 238 | 14.0% |
| 45-54 | 163 | 9.6% |
| 55-64 | 184 | 10.9% |
| 65> | 101 | 6.0% |
| <u>Ethnicity</u> | | |
| White | 1654 | 91.5% |
| Multiracial/Unknown | 60 | 3.3% |
| Black/African American | 52 | 2.9% |
| Hispanic | 25 | 1.4% |
| Native American | 12 | 0.7% |
| Asian | 4 | 0.2% |
| <u>Annual Household Income</u> | | |
| \$0 to \$11,490 | 814 | 46.4% |
| \$11,491 to \$15,282 | 142 | 8.1% |
| \$15,283 to \$22,980 | 167 | 9.5% |
| \$22,981 to \$35,000 | 224 | 12.8% |
| \$35,001 to \$42,000 | 85 | 4.8% |
| \$42,001> | 322 | 18.4% |
| <u>Client Primary Insurance Coverage</u> | | |
| Medicaid | 631 | 32.3% |
| Commercial Insurance | 792 | 40.6% |
| Self Pay | 352 | 18.0% |
| Medicare | 176 | 9.0% |

2019 By the Numbers

INCOME \$7,778,850



EXPENSES \$6,843,198



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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

“[Therapist] Eric Lowery is one of the best! I’m 73 & have seen many, many therapists in my time. Wish I had seen more like him. I think he will go far in his profession.”

Through CBS Services with Chrissy Robinson, a Youth was successfully able to obtain a CNA credential and driver’s license despite a lack of parental support.

Several years ago a young client could not participate in community meetings without attendant care , today the youth has graduated out of CBS services and is now able to distinguish fantasy from reality, tolerate changes in the family routine, and complete daily tasks independently Her peer interactions are much improved and do not result in disruptive behavior.

A number of clients were able to successfully graduate from CSS services, including a client who had been in services for decades and achieved considerable independence over the course of treatment.

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.

A client with long-term substance use issues was able to successfully obtain employment.

Client reported that Shylie (Kiefer) (CSS Case Manager) understands when client is having a bad day or a good day, and Shylie changes the types of things they do during case management sessions depending on how the client is doing which client really appreciates.

A teenager initially presented for treatment with depression and suicidal thinking, and required psychiatric hospitalization earlier this year. Through a course of treatment with therapist Barbara Cordts and Dr. Gambrill, this youth has successfully reduced suicidal thoughts and now reports feeling “*happy most of the time.*”



 www.laytoncenter.org 

Your tax-deductible CHARITABLE DONATION is appreciated!