



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

**544 Initial Medication Evaluations & 7,514 Med Management services in 2020
97 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.

Outpatient Therapy Services

**1,185 Intake Appointments
Provided in 2020**

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 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, 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.



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

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. Contact ELC's Clinical Director for more details.



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.



2020
ELC Trained/Certified
46 in the Youth Course

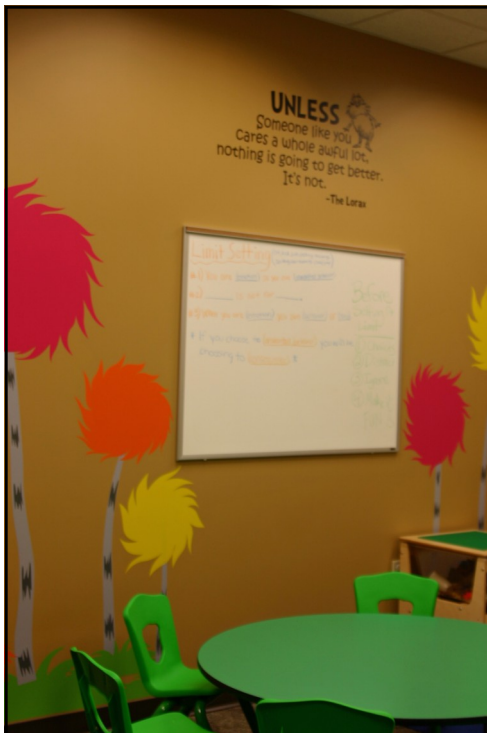
Community Based Services for SED Youth

7,752 Case Management Services Provided to Youth in 2020

3,492 Psychosocial Group Services Provided to Youth in 2020

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 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 who qualify.

Community Support Services for Adults with SPMI

Services Provided to Adults in 2020
8,586 Case Management Services & 466 Peer Support Individual Services
1,543 Psychosocial Group & 1,121 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 and Beyond



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. Currently averaging 12-28 views per day. The **Daily Chat** has been providing daily themes:

Monday - **Mental Health Monday.** Discuss a mental health topic/article.

Tuesday - **Top Ten Tuesday.** The topics are broader. They included everything from "10 Ways to Cope with Stress" to "The Top Ten Music Artist of the 1970's."

Wednesday - **Word Wednesday.** Discussing 3 lesser-known words and their meanings

Thursday - **Thankful Thursday.** Sharing things for which we are thankful.

Overall Client Demographics

Total Clients Served in 2020 3,304

Total Services Provided in 2020: 69,245

Gender

Male	1506	45.6%
Female	1798	54.4%

Age

<6	51	1.5%
6-12	428	13.0%
13-18	578	17.5%
19-24	324	9.8%
25-34	512	15.5%
35-44	488	14.8%
45-54	380	11.5%
55-64	343	10.4%
65>	200	6.0%

Admissions — 1,185

Average per month	98.75
Average per week	22.79
Average per working day	4.5

Ethnicity

White	1083	32.8%
Black/African American	33	1.1%
Multiracial/Unknown	2153	65.2%
Hispanic	6	.0%
Native American	27	.8%
Asian	2	.0%

Client Primary Insurance Coverage

Medicaid	1437	44.6%
Commercial Insurance	1129	35.1%
Self Pay	468	14.5%
Medicare	186	5.8%

Diagnostic Summary of Primary Diagnoses

Depression	38.0%
ADHD	14.8%
Anxiety (Phobias, PTSD, Trauma)	13.1%
Bipolar	9.2%
Conduct/Oppositional Disorders	9.2%
Psychotic Disorders	8.1%
Adjustment Disorders	4.8%
Substance Use	1.2%
Personality Disorders	.6%
Autism Spectrum Disorders	.1%

Client Demographics - By County

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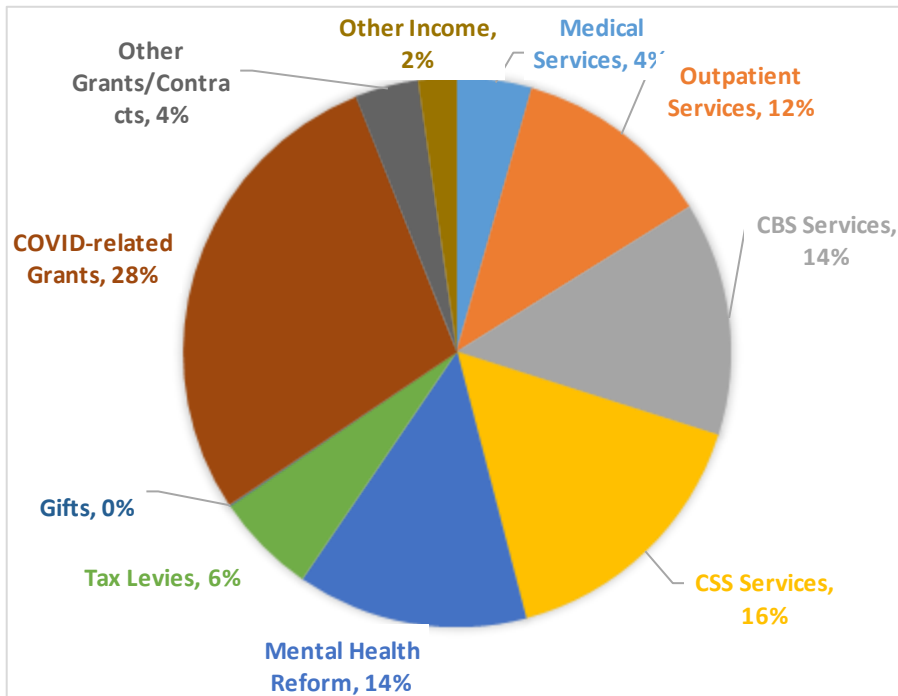
Total Clients Served:	1,614	
Total Services:	37,922	
<u>Gender</u>		
Male	732	45.4%
Female	882	54.6%
<u>Age</u>		
<6	19	1.1%
6-12	209	12.9%
13-18	262	16.2%
19-24	167	10.3%
25-34	257	15.9%
35-44	240	14.8%
45-54	193	12.3%
55-64	169	10.4%
65>	98	6.1%
<u>Ethnicity</u>		
White	555	34.4%
Black/African American	10	.6%
Hispanic	3	.2%
Other/Unknown	1036	64.2%
American Indian	9	.5%
Asian	1	.1%
<u>Client Primary Insurance Coverage</u>		
Medicaid	800	49.3%
Commercial Insurance	486	29.9%
Self Pay	237	14.6%
Medicare	100	6.2%

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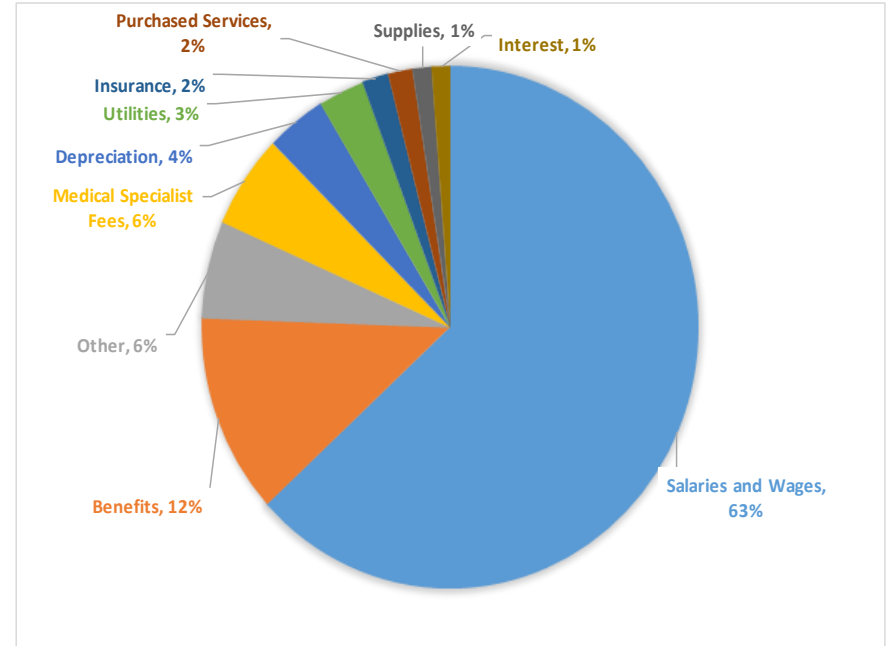
Total Clients Served:	1,690	
Total Services:	31,323	
<u>Gender</u>		
Male	774	45.8%
Female	916	54.2%
<u>Age</u>		
<6	32	1.9%
6-12	219	13.0%
13-18	316	18.7%
19-24	157	9.3%
25-34	255	15.0%
35-44	248	14.7%
45-54	187	11.1%
55-64	174	10.3%
65>	102	6.0%
<u>Ethnicity</u>		
White	528	31.2%
Multiracial/Unknown	1117	66.1%
Black/African American	23	1.4%
Hispanic	3	.1%
Native American	18	1.1%
Asian	1	0.1%
<u>Client Primary Insurance Coverage</u>		
Medicaid	637	39.9%
Commercial Insurance	643	40.3%
Self Pay	231	14.5%
Medicare	86	5.3%

2020 By the Numbers

INCOME \$9,034,292



EXPENSES \$6,595,450



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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

A client reported great satisfaction with the medication management services received at ELC and that her provider listens to her and gives great suggestions.

Client called wanting to recognize the work of transportation provider Betty Anderson. Client reported that she is so uplifting, helped her when she was feeling down.

A 14-year-old boy on the waiver since 2/21/19 graduated this month. The team started discussing client's success at the 9/28/20 wrap meeting and planning for graduation by his annual date of 2/21/21. The team reviewed the plan of care, parent perception, and DLA scores to determine which areas of concern to focus services in case client did not qualify clinically for waiver services at his annual. Parents described client's behavior in the typical range and reported an 80% improvement with aggressive outbursts, better communication, and better school productivity

One client reported that she is "1,000% satisfied!" with her CSS Case Management services. This client also shared that treatment has "really improved my quality of life."

A teenager presented with severe mental health symptoms and many goals for therapy. At 90-day review, client had completed three goals! He improved his decision making skills to reduce dangerous decision making, improved his relationship and trust with caregivers, and is now following through on household responsibilities. This client and his family are motivated to continue treatment.

A CSS client reported she can really talk with her Case Manager about stress and that he "has been a Godsend to

An elementary aged client who was referred to CBS almost 2 years ago due to peer and school difficulties recently graduated, having had significant improvements and no school concerns all year.

A family initially presented to the Circles of Security program with some engagement challenges. The parents felt stuck and hopeless. Through motivational interviewing by therapist Brittney Bonham, the parents now report feeling there are answers and they are able to impact change in their family.



 www.laytoncenter.org 

Your tax-deductible CHARITABLE DONATION is appreciated!