



Partnering Together to Improve Behavioral Health Access

October 30, 2024

Facilitator

Jennifer Findley

Vice President Education and Special Projects

Kansas Hospital Association

jfindley@kha-net.org



Kansas Hospital
ASSOCIATION

Current State

**23% of adults have
experienced a mental illness
in the past year**

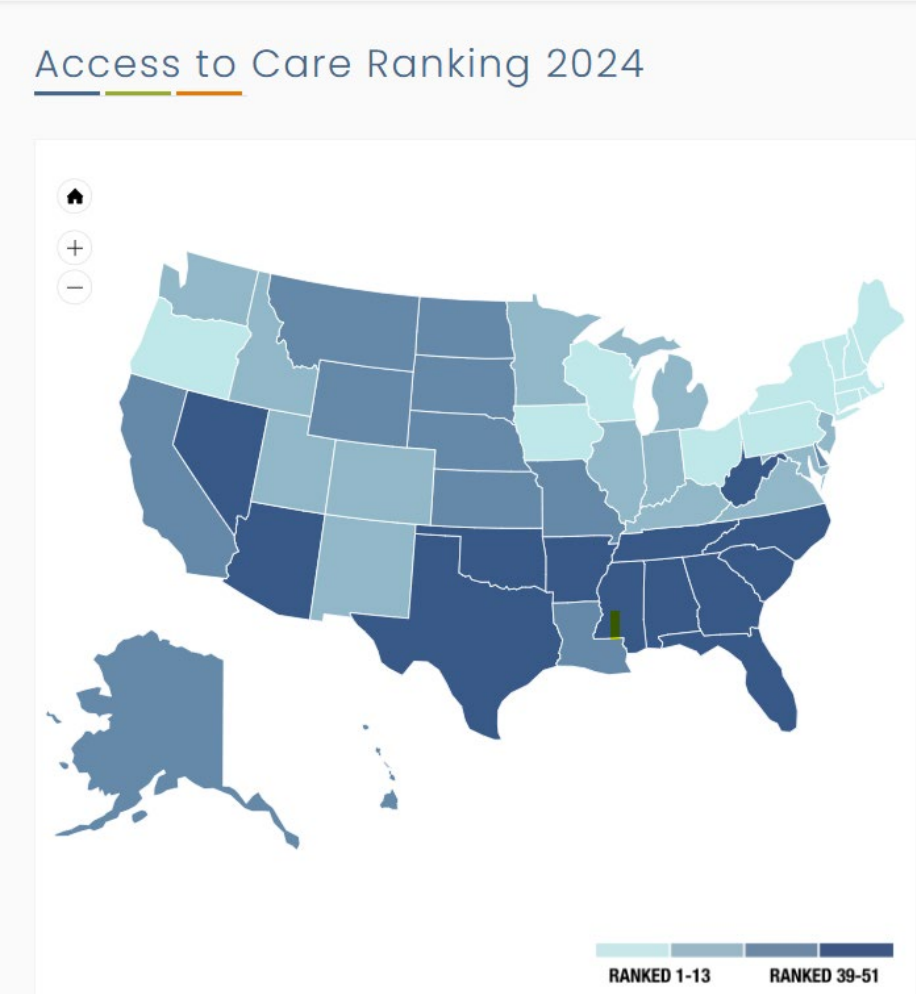
Mental Health America, 2024



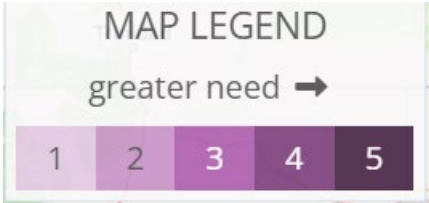
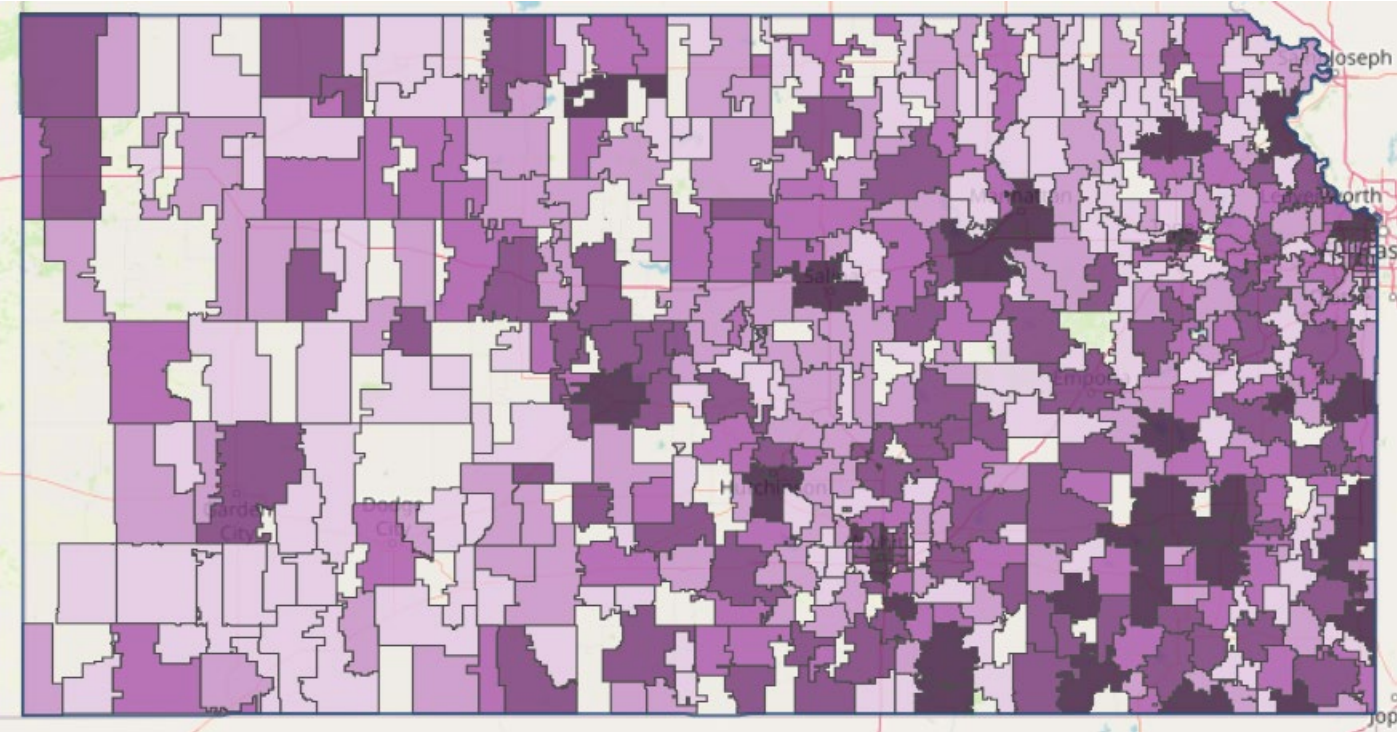
Kansas Ranking

#35

Mental Health America, 2024



Kansas Mental Health Index



Panel Members

- **Lisa Southern, LMLP, LCP**
Executive Director
Compass Behavioral Health
lsouthern@compassbh.org
- **Karla Hermesch, LMSW**
Director of Social Services
Nemaha Valley Community Hospital & Seneca Family Practice
Karla.hermesch@nemvch.org
- **Yazmin Wood**
Chief Executive Officer
Legacy Regional Community Foundation
ceo@legacyregionalfoundation.org



Healthy Minds. Healthy Lives. Healthy Communities.

Lisa Southern, LMLP, LCP
2024 Marked 30 years with Compass



Positions:

Crisis Therapist **7 years**

With one year as LSH Liaison

Program Manager BHS **6 years**

Garden City Outpatient Director **10 years**

Executive Director **7 years**

*I am totally devoted to Compass and our mission to
#savelives*

It is never boring or stagnate in community mental health.

Moving on to Compass and why it can never get boring!

We serve 13 Counties in SW Kansas

Region I:
Finney ~ Kearny ~ Hamilton

Region II:
Ford ~ Gray ~ Hodgeman

Region III:
Grant ~ Morton ~ Stanton

Region IV:
Greeley ~ Lane ~ Scott ~ Wichita

109,000 Pop in
the 13 Counties

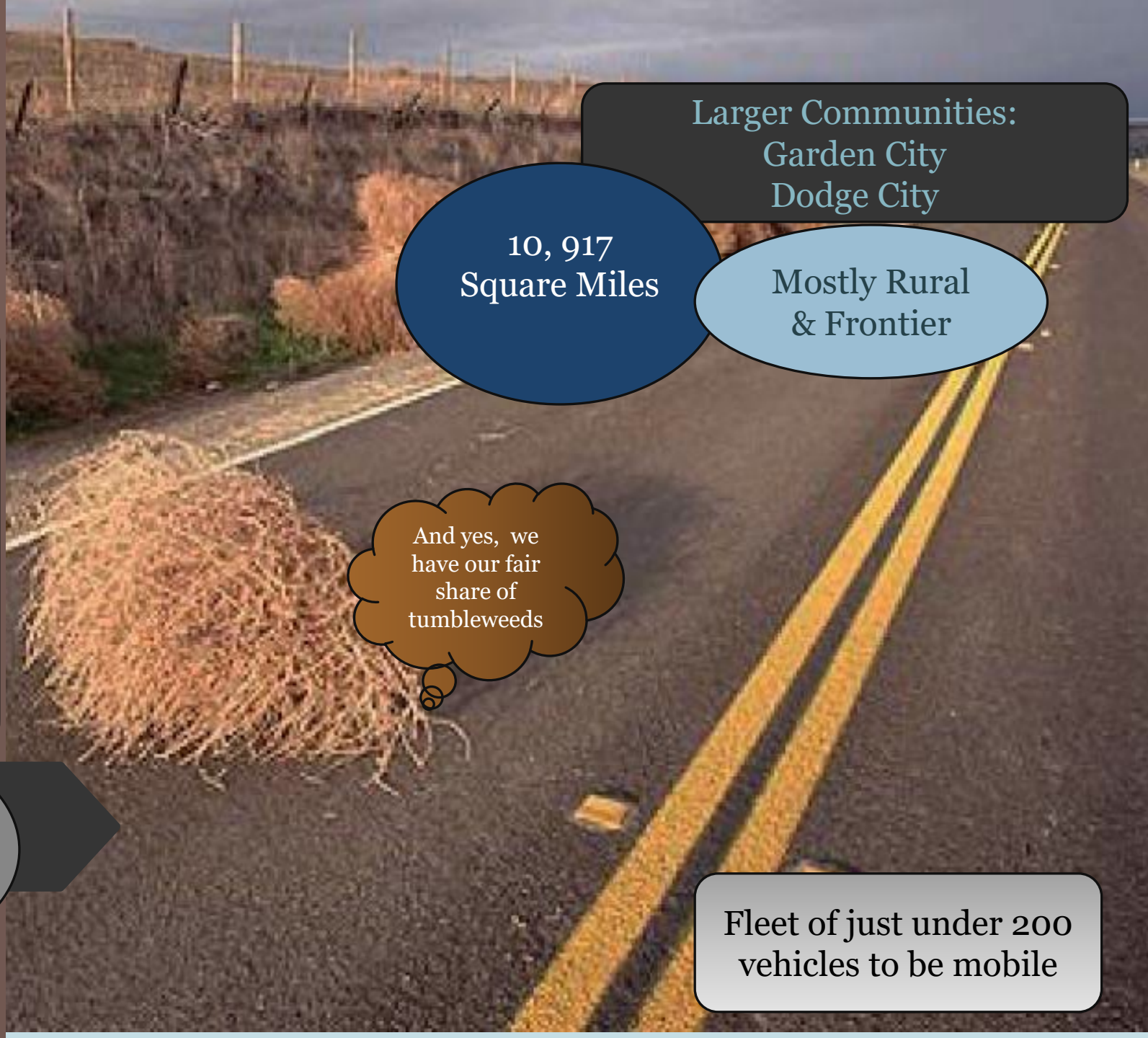
10,917
Square Miles

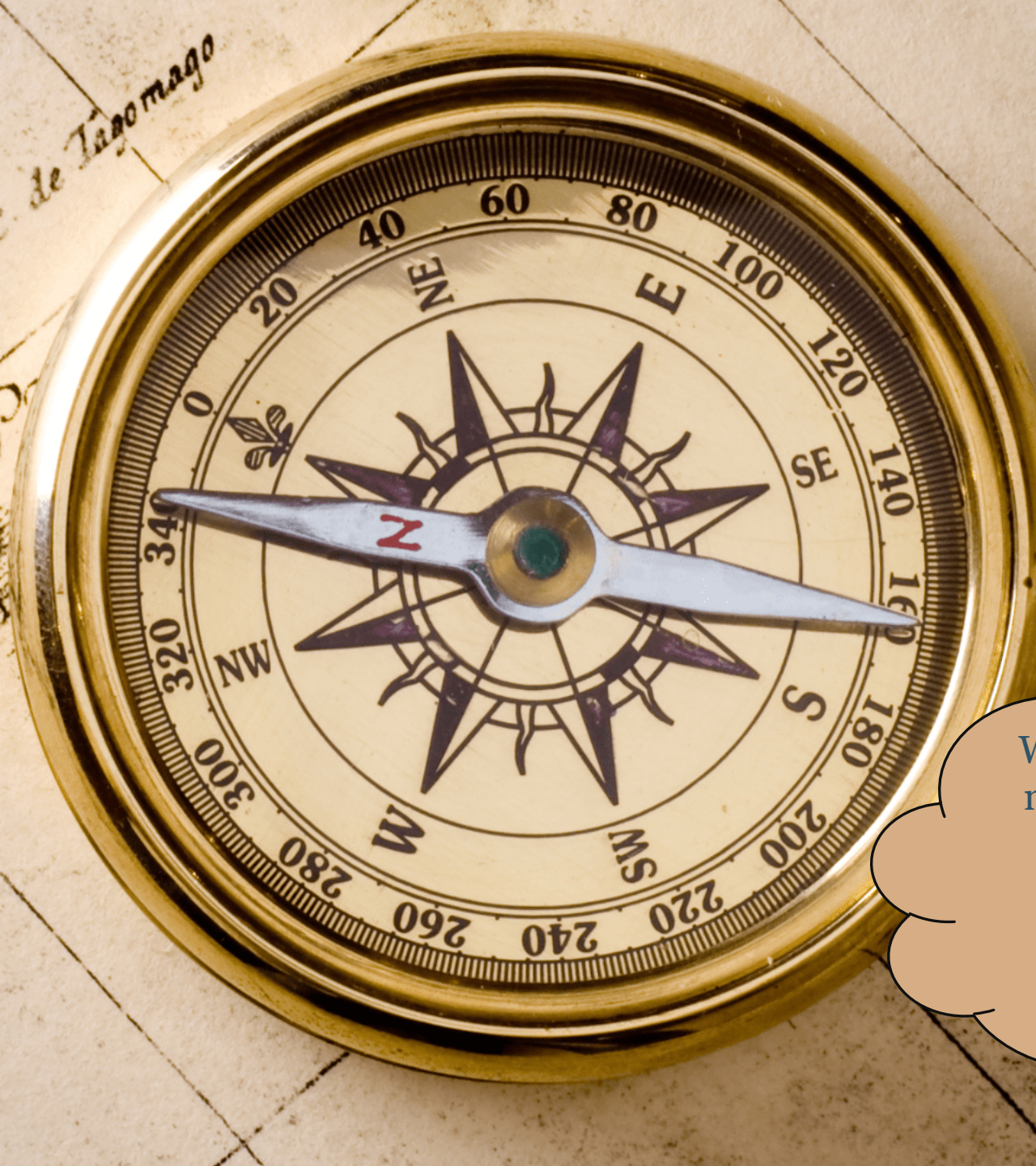
Mostly Rural
& Frontier

Larger Communities:
Garden City
Dodge City

And yes, we
have our fair
share of
tumbleweeds

Fleet of just under 200
vehicles to be mobile





Recent Full Certification as a CCBHC
(Certified Behavioral Health Clinic)
2024

We have been a CMHC
Community Mental Health Center
Since 1961

We are not small by any
means, and we are very
resourceful!

323 Employees
\$24M Budget

Our 9 Core Services with CCBHC



The background features a light blue and white color scheme with several interlocking gears of various sizes. A clock face is faintly visible in the center, with the number '12' at the top and '6' at the bottom. On the left side, there are thin, curved lines resembling grass or reeds. A dark grey arrow-shaped graphic points to the right at the top left corner.

Our Three Choices ~

- 1. We **provide** what is needed**
- 2. We **coordinate** care to find the person what they need**
- 3. We **create** what the people we serve need**

Let's run through an example of each!

Crisis Services can be the most challenging...

24/7/365



Business Hours

- Full access to staff – Services are either Mobile (in the community) or at one of our Offices

After Hours

- At all times, 3 Therapists on call and 4 Support Staff on call (Case Manager, Peer Support, Mental Health Assistant) to ensure availability in all 13 Counties

Don't forget...
10,917 Square
Miles

The Crisis is defined by the person – Always!
We have our crisis services both Live and via Zoom
Let's talk about how this works...



2023 Data

Crisis Services at Compass

Obstacles:

- Inpatient Unit for kids is 3-8 hour drive depending on where child lives in our area
- Inpatient Unit for Adults is 4-8 hour depending on what Unit will accept the person
- At times, 4 hours to 3+ days wait in ER for admit
- At times, 3-7 + days tying up LEO's and ER for an Involuntary admit to LSH
- At times, we all get cranky, cranky with each other which is not good for partnerships/relationships – we are all getting better with this one
- Staff turnover ~ 24/7/365 work is challenging

Opportunities *(we implemented all):*

- ❖ Open Access
- ❖ We opened an Adult and Child Crisis House to help with both Crisis services and Respite services to prevent a Crisis (Thanks KDADS for helping fund!)
- ❖ Mobile Crisis
- ❖ All Partners work to help with these long waits to not over burden one Agency
- ❖ Always think of the person in crisis as our primary focus

1,848 Crisis Services

939

Child/Teen

909

Adults

85% HOSPITAL DIVERSION RATE

11% OF CRISES INVOLVED LEO ASSISTANCE

8% OF ADULTS SEEN IN CRISIS WENT TO LSH



Growth

PARTNERSHIP

Benefit

Motivation

Everyone is a Partner ! We Succeed or Fail Together !

“If you are a real partner, their success is as important at yours”

We had to grow partnerships to become a CCBHC.

We had to all come together and realize we are stronger together.

Competing priorities at times – YES

Disagreements at times – YES

Caring about People and our Communities - ALWAYS

Nemaha Valley
Community Hospital
and
Seneca Family Practice





Karla Hermesch, LMSW

Director of Social Work at
Nemaha Valley Community
Hospital

About Me



I am a K-State Alumni, and I graduated with my Master Degree from Washburn University with a degree in Social Work.

I have a husband and a 9 month old daughter.

We spend a lot of time cheering on K-State and the Chiefs, spending time with family and friends, and my husband is a farmer so this time of year we are harvesting!



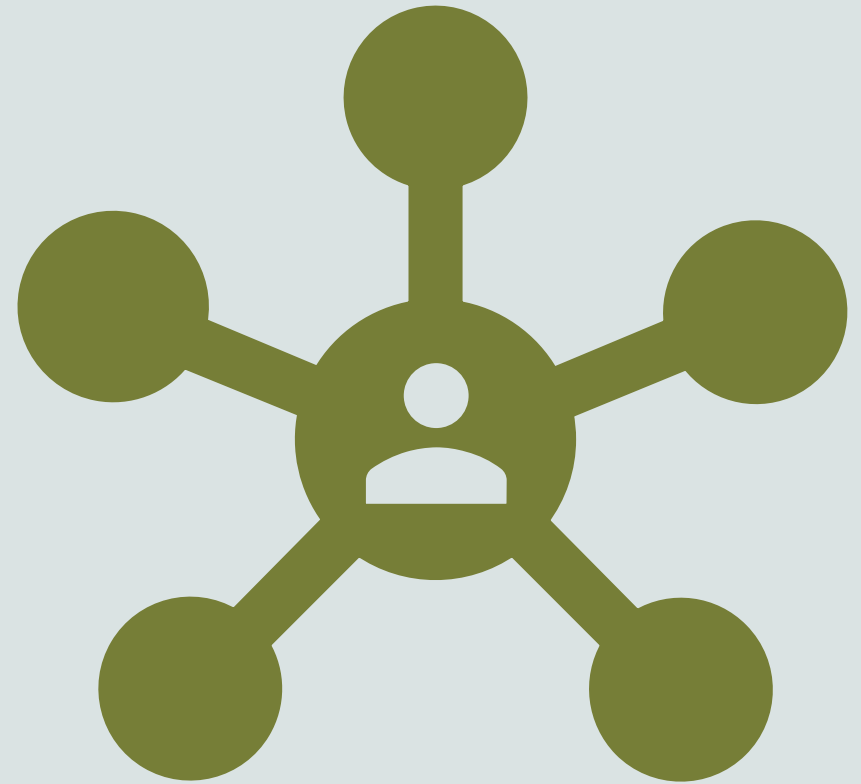
Nemaha Valley Community Hospital and Seneca Family Practice

We are currently in the process of renovating our hospital. We are expanding our ER, patient rooms and administrative offices. This will be a great addition to our hospital and we are looking forward to when it is complete.

A large portion of my position as a Social Worker at NVCH includes connecting our patients with the right resources to address their mental health and wellness needs.



A large portion of my position as a Social Worker at NVCH includes connecting our patients with the right resources to address their mental health and wellness needs.



Here are some of the local mental health providers in our area.



Brighter Dawn Mental Health

Horizon Therapy Associates

Resilient
Counseling Services
Tami Shefferd LSCSW





Many patients that are in need of mental health services have barriers establishing mental health care due a multitude of things including-

- Living 50 + miles from a therapist that specializes in their need, and long wait lists.
- Mental help can be seen as mental weakness. Many in rural areas don't feel comfortable talking about mental illness because it's not seen as an illness.
- Isolation
- Insurance issues

The need for mental health resources have increased, here are some of the reasons why..

- From the COVID-19 pandemic, most of the world agrees that there is now a mental health pandemic from the stressors that came from it including loss of relationships, time, jobs, lives, and so much more.
- We live in a new world now where technology has brought us together but has also torn us apart. Brene Brown, Social Worker, stated that we used to be able to be neighbors, ask a neighbor for a cup of sugar, do laundry with our family/friends and talk about our needs. Now we do all of this from a distance and we have grown apart from one another in a time when we need connection the most.



2024 CHNA Priorities

Unmet Health Needs - Nemaha Co, KS

on behalf of NVCH and SCH hospitals

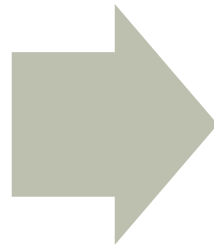
Town Hall - 04/09/24 (Attendees 44 / 163 Total Votes)

#	Community Health Needs to Change and/or Improve	Votes	%	Accum
1	Child Care (Affordable & Accessible)	30	18.4%	18.4%
2	Mental Health (Diagnosis, Placement, Aftercare, Access to Providers)	23	14.1%	32.5%
3	Housing (Affordable & Accessible)	22	13.5%	46.0%
4	Substance Abuse (Drugs & Alcohol)	20	12.3%	58.3%
5	Chronic Disease Management (Cancer, Diabetes)	17	10.4%	68.7%
6	Obesity (Access to Healthy Foods / Exercise)	14	8.6%	77.3%
7	Uninsured/ Underinsured	8	4.9%	82.2%
	Total Votes	163	100%	

Other needs receiving votes: Youth Health Education, WiFi Service (increase in rural community), Health Apathy, In-home Care, Veteran & Military Care (Tri-Care), Dental Providers Accepting Medicaid, Senior Health (Geriatric), Domestic Violence.

Community Needs

We have connected our staff with trainings like QPR, Mental Health First Aid, and given them resource packets with a list of mental health therapists, and information including what to expect when joining therapy along with free resources for folks that cannot afford therapy, or would prefer to manage their needs on their own.



We are grateful to provide IHC therapy services, this is a company that is based out of Nashville, TN. We are now able to connect our patients with virtual therapists and medication management. They can come in our clinic and utilize our technology and wifi to attend therapy/med management. We are working on getting pods set up at our local schools to expand and allow these therapists to reach our children/teens in need.

By continuing to provide necessary trainings to staff, assuring that patients are receiving the PHQ9 depression screenings, DAST (drug), AUDIT (alcohol, and other behavioral health screenings, we can begin to bridge the help that patients need but have difficulty asking for.





Community Partners & Networking



Pictured left to right:
Kiley Floyd, Lori Huerter, Mike Stallbaumer,
Curtis Sudbeck, Jane Sunderland, Courtney Schmelzle and
Cheryl Johnson

We are partnering with Health Innovations Network of Kansas (HINK), on a 4 year grant, totaling \$1.2M, from Health resources and services administration (HRSA). These funds will support the development of suicide prevention improvement network across a 12 county-area in primarily northeastern Kansas. These funds will be used for a multitude of things including training staff, providing public awareness, and allow us to provide increased access to necessary care.

Others involved in this wonderful grant include frontier farm credit union, Kansas Corn, Kansas Dairy Association, Kansas Dept of Agriculture, Kansas Farmers Union, Kansas Feed and grain association, and Kanza Mental Health.



Thank you

Karla Hermesch

785 336 0421

Karla.hermesch@nemvch.org

Kansas Health Equity Summit | Wednesday, October 30, 2024



Cultivating Collective Change

Yazmin Wood | ceo@legacyregionalfoundation.org

There is often a divide between what we think we know and the reality of what is really happening.

Leaders have a place in the gap -
acting as a catalysts and thought leaders, convening people for action and providing necessary resources.

TOP STORY

Suicides alarm area residents

By JUDITH ZACCARIA newsdesk@ctnewsonline.com May 23, 2019 0

Listen to this article now
Powered by **Trinity Audio**

00:00 00:22

1.0x

Facebook X Email Print Copy Bookmark

Cowley County residents are still trying to come to terms with a recent tragedy: In less than a week, three young men in the area died of suicide, and a fourth suicide was apparently averted when a train stopped before hitting a woman standing on the tracks.

The three suicides were reported as self-inflicted gunshot wounds, all male, ranging in age from 15 to 20.

Facebook X Email

73°
Clear

FEATURED PHOTOS





PATHWAYS to a HEALTHY KANSAS

SUSTAINABLE DEVELOPMENT GOALS



Social Determinants of Health

Economic Stability	Neighborhood & Physical Environment	Education	Food	Community & Social Context	Health Care System
Employment	Housing	Literacy	Hunger	Social Integration	Health Coverage
Income	Transportation	Language	Access to healthy options	Support Systems	Provider Availability
Expenses	Safety	Early Childhood Education		Community Engagement	Provider linguistic & cultural competency
Debt	Parks	Vocational Training		Discrimination	Quality of Care
Medical Bills	Playgrounds, Walkability	Higher Education		Stress	
Support	Zip code/ Geography				

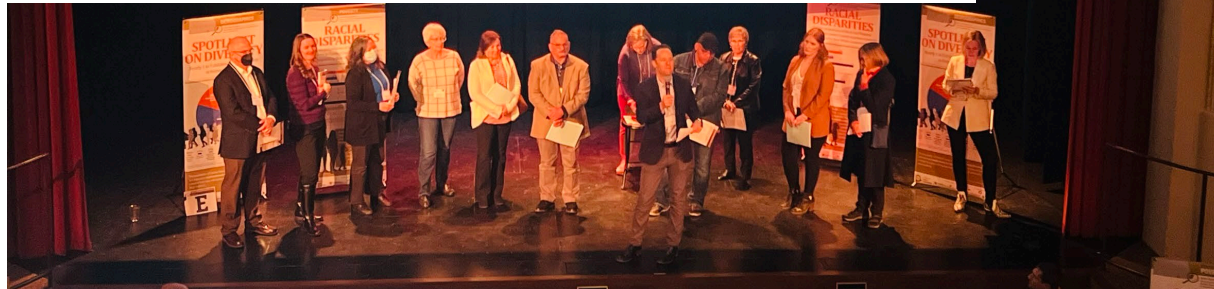


Health Outcomes

Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations



Zeroing in on
 Cowley County
 kids and
**how poverty
 impacts
 health,
 education and
 their potential
 for a
 successful
 future**



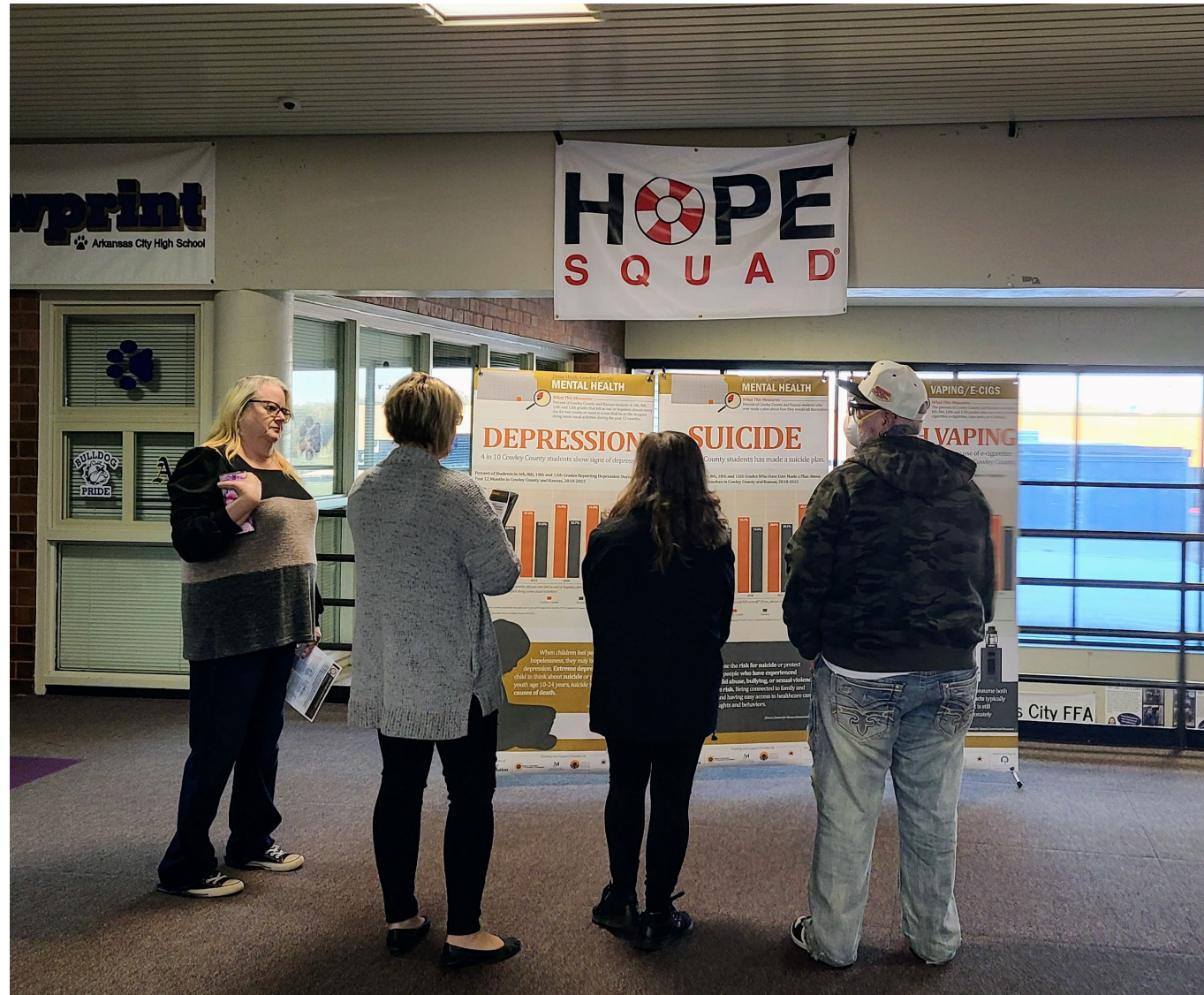
Funding and Support Provided By



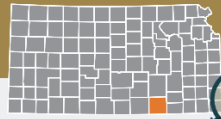
Analysis and Design by











Data Walk: Cowley County MENTAL HEALTH



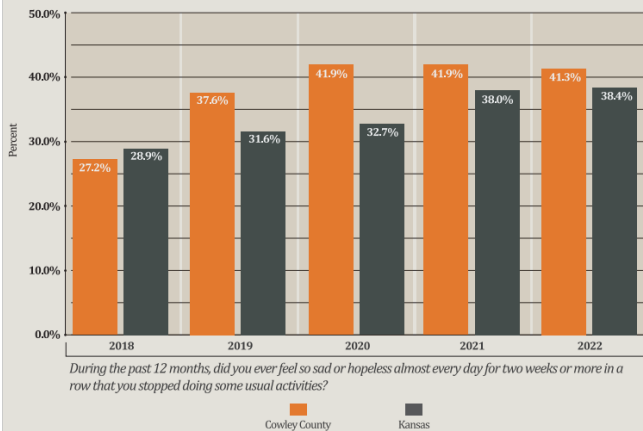
What This Measures:

Percent of Cowley County and Kansas students in 6th, 8th, 10th and 12th grades that felt so sad or hopeless almost every day for two weeks or more in a row that he or she stopped doing some usual activities during the past 12 months.

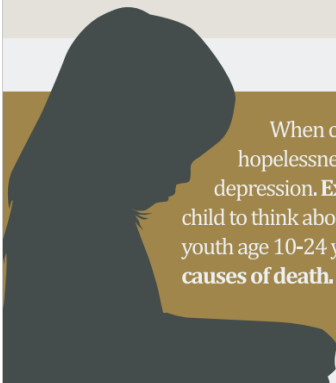
DEPRESSION

4 in 10 Cowley County students show signs of depression.

Percent of Students in 6th, 8th, 10th and 12th Grades Reporting Depression During the Past 12 Months in Cowley County and Kansas, 2018-2022

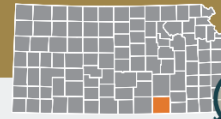


Note: The number of survey respondents fluctuates year to year and it ranged from 42,826 to 59,151 students for Kansas and from 537 to 1,074 students for Cowley County for 2018 to 2022 data years.
Source: Kansas Communities That Care Student Survey, 2018-2022.



When children feel persistent sadness and hopelessness, they may be diagnosed with depression. **Extreme depression** can lead a child to think about **suicide** or plan for suicide. For youth age 10-24 years, suicide is among the **leading causes of death**.

(Source: Centers for Disease and Prevention)



Data Walk: Cowley County MENTAL HEALTH



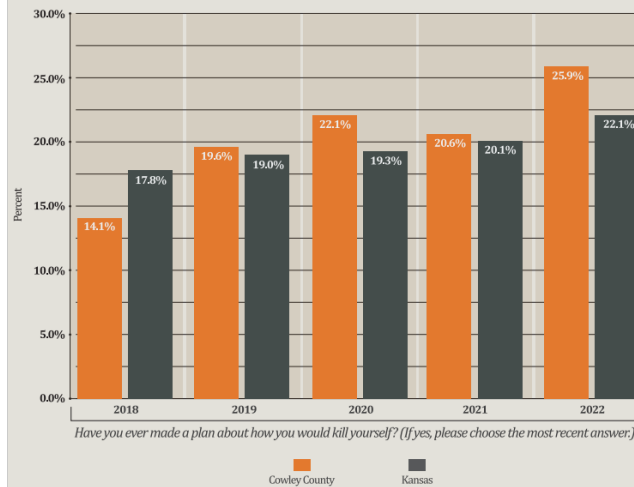
What This Measures:

Percent of Cowley County and Kansas students who ever made a plan about how they would kill themselves.

SUICIDE

1 in 4 Cowley County students has made a suicide plan.

Percent of Students in 6th, 8th, 10th and 12th Grades Who Have Ever Made a Plan About How They Would Kill Themselves in Cowley County and Kansas, 2018-2022



Note: The number of survey respondents fluctuates year to year and it ranged from 42,837 to 59,222 students for Kansas and from 541 to 1,071 students for Cowley County for 2018 to 2022 data years.
Source: Kansas Communities That Care Student Survey, 2018-2022.

Many factors can increase the **risk for suicide** or protect against it. For example, people **who have experienced violence**, including **child abuse, bullying, or sexual violence** have a **higher suicide risk**. Being connected to family and community support and having easy access to healthcare can decrease suicidal thoughts and behaviors.



COWLEY ACTS

ACT "Addressing Challenges Together" grew from A Closer Look At Cowley Kids Data Walk conversations and a desire by community to change

Child Care

Convening partners and community members in addressing child care needs in our area



Housing

Developing quality, affordable housing for everyone through intentional action



Health

Facilitating cooperative efforts to increase access to health care and healthy living



Resource Optimization

Increasing collaboration to avoid duplication, optimize stewardship, and strengthen community-based organizations



An Initiative of
**Legacy Regional
Community Foundation**



with these key partners
**Cowley County Early
Childhood Collaborative**



Community Health Needs Assessment

Community Health Improvement Plan

Community Partners: Arkansas City Area Chamber of Commerce, Arkansas City Public Library, City-Cowley County Health Department, City of Burden, Community Health Center in Cowley County, Cowley College, Dexter Schools, Four County Mental Health, Kansas Department of Health & Environment, Kansas Health Foundation, K-State Research & Extension – Cowley County, KU School of Medicine – Wichita, Legacy Regional Community Foundation, RISE Cowley, SCK Health, Southwestern College, Udall Public Library, United Methodist Health Ministry Fund, William Newton Hospital, William Newton Healthcare Foundation, Winfield Area Chamber of Commerce, and Winfield Public Library

YOUR HEALTH MATTERS
Tu salud importa.

TO TAKE THE SURVEY, GO TO:
PARA REALIZAR LA ENCUESTA, VAYA A:

ecowley.org/healthcounts

GET \$10 IN CHAMBER CHECKS*
OBTENGA UN VALE DE \$10 PARA GASTAR EN NEGOCIOS LOCALES*

- Health care
- Mental health
- Schools
- Early education & child care
- Work sites
- Faith communities
- Community environment

HEALTH COUNTS
in Cowley County

A number of integrated projects and initiatives led to the launch of this work...more are growing from it **shifting the culture of how we work together** in our community!

- **Local Health Equity Action Team (HEAT)** continues with RISE Cowley

- **AmeriCorps Digital Navigator** – led by Winfield & Arkansas City Public Libraries supporting **Unite Us** implementation– led by Community Health Center of Cowley County

- **Health in All Policies** – led by City/ Cowley County Health Department

- **Building Socially Connected Communities** – led by Cowley ACTS Resource Optimization Focus Team

- **Food System Evaluation and Support** – led by K-State Research & Extension

- **Families Gaining Ground** – led by Eagle Nest Inc.

- **Early Childhood Learning Center** – led by community philanthropists with Legacy Regional Community Foundation

- **Winfield Summer Fun Hub** – including Cowley County Historical Museum, Winfield Arts & Humanities Council, Winfield Public Library, and Winfield Recreation Commission with K-State Research & Extension

- **Cross-county Cooperative Programming including *Nitty Gritty Theatre | Itty Bitty Play*** – including Winfield Arts & Humanities Council, The Marquee and The Burford

Kansas Health Equity Summit | Wichita, KS | Wednesday, October 30, 2024



Cultivating Collective Change

Yazmin Wood | ceo@legacyregionalfoundation.org

Questions



Share your stories