



Under Siege & Overachieving

{ 2009 ANNUAL REPORT }

Dert Nash
COMMUNITY MENTAL HEALTH CENTER



Pressing Forward



Last year was a roller coaster of highs and lows for our society as a whole. As a social service agency, Bert Nash Community Mental Health Center has been on the receiving end of great news while having to face difficult challenges as state and local governments reduce their budgets and cut vital support.

One of the celebrations from this year has been that federal mental health parity is now law. This means crucial steps can be made in our effort to raise awareness of mental illness and reduce the stigma that is associated with it. As a nation, we're finally recognizing this reality:

Without treatment, the consequences of mental illness for the individual and society are staggering; the economic cost of untreated mental illness is more than 100 billion dollars each year in the United States. (NATIONAL MENTAL HEALTH ASSOCIATION)

However, the programs and services that are in place to treat the costly consequences of mental illness are now facing historic budget cuts. As we prepare this report in March 2010, we're still unsure of what the future holds. State budget cuts that were announced at the end of 2009 represent a total of \$1.4 million in reduced state and local funding for Bert Nash since 2007.

But the good news is that we're pressing forward. The Bert Nash Center continues to provide innovative, research-based services that are fundamental to the health and wellness of Douglas County citizens. Our staff is doing astonishing things within our community and we're thrilled to share with you some of the amazing stories of hope that we hear.

We're proud to give you these highlights from 2009 and we thank you – our treasured friends and donors, who have been with us every step of the way.



A Look at the Numbers



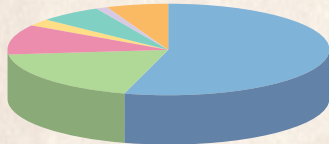
- In 2009, we served 3,904 adults and 2,011 children and families in Douglas County.
 - Our staff of 189 provided 87,509 hours of services in 2009.
- On average, 12 new clients were admitted for services every business day.

The National Institute of Mental Health estimates 26.2 percent of Americans ages 18 and older – about one in four adults – suffer from a diagnosable mental disorder in a given year.

*They are your neighbors, your co-workers,
your family members and friends.
Mental illness knows no boundaries.*

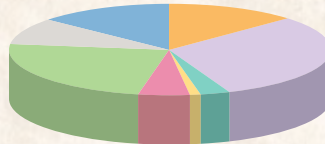
- The most common diagnoses are depression or anxiety disorders.
- We see clients of all ages, every ethnicity, and every income level.

'09 Funding Sources
\$10,276,480



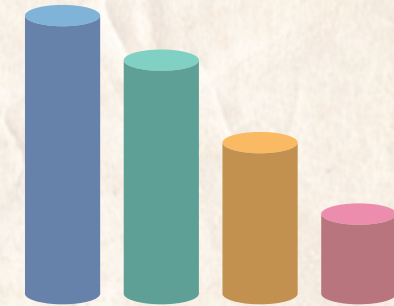
- Fees for Service 55%
- County Funds 18%
- State Funds 11%
- Grants 6%
- Other 6%
- Contracts 3%
- Endowment 1%

'09 Expenditures by Service Area
\$10,276,896



- Adult 31%
- Child & Family 24%
- Medical 14%
- Emergency 13%
- School Based 9%
- Residential 5%
- Homeless 3%
- Aging 1%

State Funding Reduced by 36%



- 2007 \$1,437,971
- 2008 \$1,319,880
- 2009 \$1,100,968
- 2010 \$911,544

{ Mariah }

“I am so glad that I have this perspective and am happy to be working at Bert Nash.”



Helping People

Mariah can remember feeling very depressed when she was in grade school but it was not something she talked to anyone about. However, when she was 17, her depression was so severe she attempted suicide— twice. After her second attempt, she was hospitalized at Stormont Vail in Topeka. Following her hospital release, she was referred to the Bert Nash Center by her doctor.

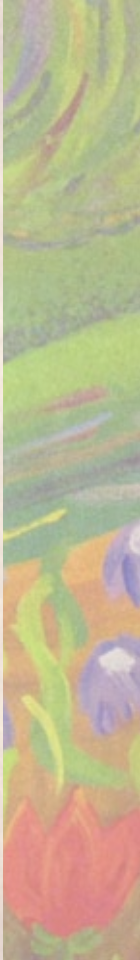
“My emotions were out of control and they overwhelmed me. I knew what was happening to me but I didn’t know why or how to change it,” Mariah remarked. “Then I entered the adolescent Dialectical Behavioral Therapy (DBT) program at Bert Nash and I learned how to deal with my emotions.”

DBT taught Mariah the skills she needed, how to process the emotions and what to do when they became overwhelming. That was four years ago. Since then,

Mariah graduated from high school, joined AmeriCorps and went to California to work for the American Red Cross Disaster Relief Program. As she worked with displaced individuals (she helped victims of the San Diego wildfires), she realized she really enjoys helping others.

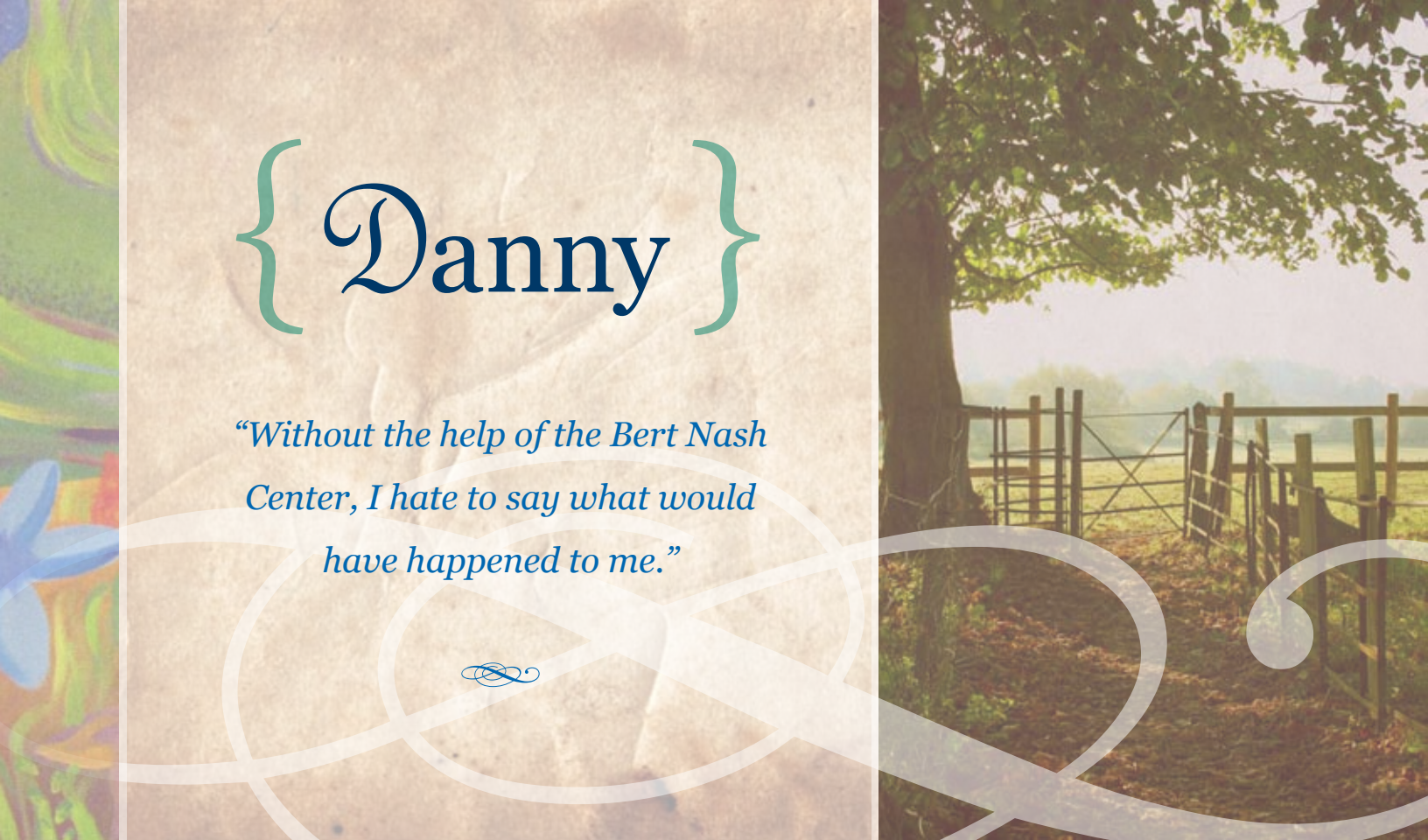
Because of “how much Bert Nash helped me, when I finished with my year at AmeriCorps, I decided to come back to Lawrence and pursue a degree in psychology at KU,” Mariah said. “After my experience working with displaced persons, I felt I could contribute at Bert Nash. I applied for a psychosocial position and got it.”

Now Mariah helps individuals suffering from mental illness cope with the challenges of everyday life. “My training in DBT has really helped me relate to my clients. I am so glad that I have this perspective and am happy to be working at Bert Nash.”



{ Danny }

*“Without the help of the Bert Nash
Center, I hate to say what would
have happened to me.”*





Living by Example



In 2006 Danny suffered a severe stroke at the age of 36. In fact, he suffered a ‘mini-death’—the stroke was so severe he was hospitalized at KU Medical Center for two months and was partially paralyzed on his right side. A football player in high school and college, Danny had never asked for help for anything. Following his stroke, he needed help in so many ways.

“After my stroke, my father died and I was seriously depressed. I wanted to die. Without the Bert Nash Center and the help I received from Marilee McCleerey and Leigh Jordon, I hate to say what would have happened to me.”

Today, Danny is working hard on recovering his overall wellness. He has stopped smoking and lost 15 pounds. He works out on an elliptical trainer and is walking more than a mile with the aid of a cane. His case manager, Marilee, takes him to his doctor appointments and helps him with grocery shopping, errands and managing his home.

“I am a much better person since my stroke. I was selfish before; now I take other people’s feelings into consideration. Marilee has shown me, by example, what it means to be a good person. I can’t say enough good things about Bert Nash.”

{ MENTAL HEALTH WELLNESS }

With proper care and treatment, between 70 and 90 percent of persons with mental illnesses experience a significant reduction of symptoms and an improved quality of life.

Sustaining Hope

In the early 1980s, Bert Nash leaders made the important decision to establish an Endowment Fund to provide support for crucial programs not fully financed by public funds and client fees. Over the past year, private contributions to the Center totaled over \$55,000 and helped to support programs and services that our community depends on.

The Center is so grateful to all of our loyal donors and friends who give their time, talents, and financial support. Allow us to shine the spotlight on a couple of our dearest friends.

{ MAURICE & BETSY JOY }

"We began donating to Bert Nash Center years ago in the belief that, while mental health care is an important part of total health care, financial support lagged far behind. Our extended family has experienced suicide and Asperger's Syndrome. We know how important it is to have access to quality mental health care. Once you see firsthand the tragedy of mental health problems, your perspective on supporting places like Bert Nash Center is changed forever."

For more information on how to donate to the Center, please visit bertnash.org.



PIONEER CLUB

The Pioneer Club gives special recognition to donors who have given \$1,000 or more to the Center in 2009.

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We have made every effort to ensure that each gift is recorded properly. If your name is misspelled, listed incorrectly, or inadvertently omitted, we sincerely apologize. Please advise Cindy Hart at chart@bertnash.org or 785-830-1701.

Groundbreaking Public Education

Mental Health First Aid (MHFA) is an internationally recognized 12-hour training course designed to give members of the public key skills to help someone who is developing a mental health problem or experiencing a mental health crisis. In two years, the Center has trained more than **250** people in MHFA through four certified instructors and **19** trainings.

Participants are introduced to risk factors and warning signs for mental health or substance use problems, engage in experiential activities that build understanding of the impact of illness on individuals and families, and learn information about evidence-supported treatment and self-help strategies. For information about upcoming classes, visit bertnash.org



{ YOU CAN **SAVE A LIFE** }

"I took MHFA not really thinking that I would ever have to use what I learned. Less than six months after graduating, I started recognizing some concerning behaviors in a co-worker. Because of the training, I was able to watch for signs and ask specific questions. Taking the class gave me the resources, tools, and, most importantly, the confidence to help my co-worker. I'm so thankful for this program."

~ NOVEMBER 2008 MHFA GRADUATE ~

A Few Highlights From 2009

- Adult Services members Juliet Nelson, Ph.D., LCP, and Amy Hammer, LSCSW, conducted a workshop on **Dialectical Behavior Therapy** in Wichita in March.
- The Center held Mental Health Monday Lectures at the library in May, during **National Mental Health Month**.
- In November, the Shelter, Inc., recognized the Center as an **Unsung Hero**.
- Ty Yoshida, medical director, gave a **lecture** on working with clients with personality disorders at UMKC/Western Missouri Mental Health Center in March.
- The Center held three certified **workshops** open to staff and outside area professionals. Topics included depression, cyber ethics, and acceptance and commitment therapy.



In November, we celebrated the 10-year anniversary of the Community Health Facility - home of the Bert Nash Center.

- The Center provided over 50 screenings during **National Depression Screening Day** in October.
- In June, Lanell Finneran, a registered drama therapist and lead teacher at the Center's Therapeutic Classroom, received the **Governor's Arts Award** for Arts in Education.
- Ruth Shadel, aging specialist, worked on the **mental health bill** in the legislature and additions to mental health literature.
- As part of the **Kansas All Hazards Behavioral Health Team**, the Center provides mental health support during emergencies, such as natural disasters and mental health crisis situations, with other first responders.



**The Bert Nash Center
is committed to:**

Quality, accessibility and innovation; education and advocacy; strong partnerships in promoting health; and financial stability.

Our mission is to advance the mental health of the Douglas County community through comprehensive behavioral health services responsive to evolving needs and changing environments.

The Bert Nash Center is a 501(c)(3) tax exempt organization that is governed by a volunteer Board of Directors.

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WWW.BERTNASH.ORG

ON THE COVER. "Life Changes" A mural by Jams! (VanGo Mobile Arts) gifted to the Bert Nash Center in April 2002. We invite you to come by the Center and experience "Life Changes" firsthand on the second floor of the Child and Family wing.