



Creating Healthy Minds for a Healthy Community

Bert Nash
COMMUNITY MENTAL HEALTH CENTER

200 MAINE STREET, SUITE A
LAWRENCE, KS 66044
(785) 843-9192
www.bertnash.org

2008 Annual Report

Report from the Governing Board

"I am so happy with the services that are here for me at Bert Nash, and the people that provide me with said services. I wouldn't change a thing about them if I could."

As we prepare this report in March of 2009, it is clear that our mission at the Bert Nash Center is more important than ever. Douglas County is not immune to the difficulties facing the rest of the country: individuals losing their jobs, families losing their homes and an increase in the diagnosis of depression and anxiety, children, students and adults. Every day our trained experts provide essential services to advance the mental health of our residents dealing with these and other challenges. As more and more individuals require our services, we need to continue to stretch our resources (financial and programmatic) to fulfill our mission.

"The Bert Nash Center helps families understand and deal with mental health issues."

Licensed Experts

One of the differences in community mental health is additional oversight, regulation and quality control. Not only do our clinicians need to go through the rigor of licensing, we also have a regular, in-depth examination to license the center. Every two years, the State of Kansas sends a team to Bert Nash for a week of review of clinical files, policies and practices.

"[BNC] provides excellent and cost-effective care, professional attention, and outstanding counseling."

Site Review and Client Feedback

Our Licensure Site Review took place the week of November 3. As part of this review, the state wrote to individuals who received services from Bert Nash and asked for their opinion of the Center and the services they received. Their confidential responses went directly to the Kansas Department of Social and Rehabilitation Services.

The site reviewers, who were on their first licensing visit to Bert Nash, told us they had never seen the volume of responses for any other center. They noted in their final report that they "were impressed with the feedback provided, which was overwhelmingly positive." The individual comments, sampled here, were attached to their report with the anonymity of the responders protected. What better evidence that the appreciation of those we serve?

"They saved my child."

We consider it a privilege to be of services to the residents of Douglas County. We believe that the best mental health care available is here at Bert Nash. On behalf of the Governing Board, we would like to thank all the members of our community who support the vital work we do at the Bert Nash Community Mental Health Center.

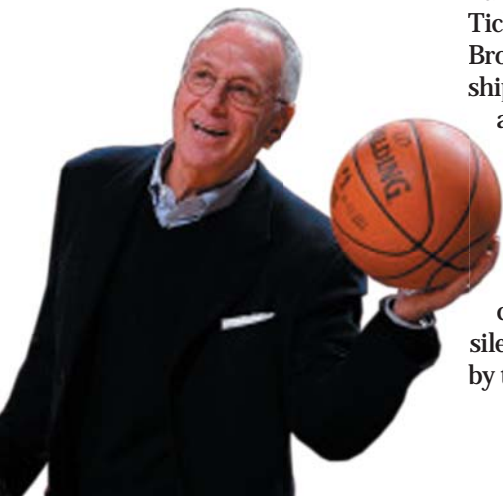
Bonnie Lowe, Chair | David E. Johnson, CEO

2008 Annual “Evening With” Celebration

FUNDRAISER RESULTS

210 Guests

*\$40,660 Raised for BNC
Endowment Fund*



Larry Brown and Friends were our special guests on September 27. The event took place at Crown Toyota, courtesy of owner Miles Schnaer, with a BBQ dinner from Biggs BBQ and beer and wine from Mass Beverage. The event helped raise over \$40,000 for the Center. Current KU Coaches Bill Self and Danny Manning, as well as Mike Maddox, member of the 1988 Championship team, joined Brown on stage to remember great moments in KU Basketball History, namely the 1988 and 2008 National Championships. Tickets included dinner and social hour with Larry Brown and Friends. A video of the 1988 Championship game played during the social hour. The Center also hosted a press conference prior to the event in the Crown Toyota lobby. Coach Brown and Coach Self signed a program from the 1953 alumni dinner, previously signed by former KU Champion Forrest “Phog” Allen - making it a one-of-a-kind momento. Julie Manning, wife of coach Danny Manning, won the program in the silent auction. The program was generously donated by the Allen family.



• Mike Maddox, Danny Manning & Bill Self reminisce.



• Lanell Finneran, BNC Special Education Teacher & Larry Brown. Ms. Finneran wore her 1988 National Champions shirt to mark the occasion.



• Max Faulkenstein enjoys a laugh with friends.

Mental Health First Aid

An exciting new program holding much promise is Mental Health First Aid (MHFA). The purpose of this training is to educate the public to recognize and respond to a mental health crisis. MHFA, developed in Australia, has since spread across Southeast Asia, and has been introduced in Europe and Canada. In fact, Scotland has set a public health goal that 2% of the population will be trained in MHFA. Bert Nash is one of six pilot sites in the United States to implement MHFA in partnership with the National Council for Community Behavioral Health-care. This 12-hour training is conducted over four sessions. Over 100 Douglas County residents attended MHFA classes in 2008.

- Meet **A.L.G.E.E.**, the charming koala bear used during MHFA classes to facilitate learning. A.L.G.E.E. is the acronym used when encountering a mental health emergency. (**A**ssess risk of suicide or harm, **L**isten non-judgmentally, **G**ive reassurance and information, **E**ncourage person to get appropriate professional help, and **E**ncourage self-help strategies)



bertnash.org

A screenshot of the bertnash.org website homepage. The top navigation bar includes links for HOME, ABOUT BERT NASH, SERVICES, EVENTS, DONORS, EMPLOYMENT, and HOW TO CONTRIBUTE. The main content area features a large banner with a woman's face and the text 'What would you do IN A MENTAL HEALTH CRISIS SITUATION?'. Below this is a 'donate online' button with a mouse cursor. A section titled 'LET'S TALK ABOUT MENTAL HEALTH' includes a map of Douglas County, Kansas, and a list of services: Child & Family Services, Adult Services, Mental Health First Aid Training, Quarterly Newsletter, and BNC Forum. There are also sections for 'UPCOMING EVENTS' (listing Mental Health First Aid Training on Mondays) and 'EMPLOYMENT OPPORTUNITIES'. The footer contains the Bert Nash logo and the text 'COMMUNITY MENTAL HEALTH CENTER'.

We revamped the website's Home Page in 2008 to make it more user-friendly. We also created a space for advertising and added the ability to donate online. Look for more changes in 2009.

The Supported Employment/Education Services (SES) program has been in existence since the early 1990s and has expanded to five full-time Employment Specialists and a team leader. Supported Employment Services adheres to a highly successful, nationally recognized model developed at Dartmouth University. It emphasizes employment and education as a pathway toward recovery.

Four years ago, SES and Bert Nash wanted a way to recognize and honor the employers, employees, and schools that we work with closely so we began the Annual Employment Recognition luncheon. On May 9th about 80 business representatives, consumers, Bert Nash staff, and community members, gathered to honor these participants. This year's featured speakers were Steve Birchfield, General Manager of Dillon's on 23rd street, and Hilary Brown,

owner and chef of Local Burger. Steve and Hilary attested that more employers, consumers, and community members realize that a disability does not necessarily preclude someone from working or attending school. Individuals with mental illness do want to work and go back to school and can be a valuable asset to any company.



• Supervisor Steve Birchfield and Employee of the Year recipient Andy Conboy

The eight nominees for Employer of the Year were Dillon's (on 23rd street), Local Burger, University Book Shop, Alvarado Country Club, KU Dining Services, Wendy's (on 23rd street), Electric Supply Lighting, and Baker University.

Wendy's received the Employer of the Year Award. Accepting the award was Sandy Summers, store manager. Several employee and student awards were presented as well. Andy Conboy received the Employee of the Year award. Andy has been working part-time at Dillon's for the past two and a half years. According to his supervisor, "no one could do better at that position than he has done."

2008 Annual Nash Dash



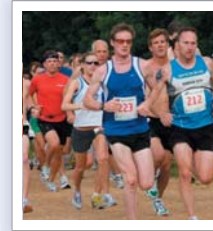
The seventh annual Nash Dash took place May 31st on the Kansas River levee in North Lawrence. Avid runners, adults and children were invited to compete in the first ever “certified” 8K Dash course and 1 mile fun run. A certified course is one that has been measured according to strictly defined rules, as set forth by the USA Track and Field Road Running Technical Council, and where the paperwork has been “certified” by the appropriate USATF State Certifier. We chose to certify this year’s race to assure runners that the course is accurate. Moreover, having our course certified means that times run on it are eligible for state records. Medals were awarded to the top three contenders in each age bracket. The Nash Dash is a fundraiser for Working to Recognize Alternative Possibilities (WRAP), which places mental health professionals from the Bert Nash Center in schools in Baldwin City, Lawrence and Marion Springs Elementary school. (For more information on the WRAP program, visit www.wraplawrence.org). Nash Dash participants are encouraged to raise donations from family and friends.



FUNDRAISER RESULTS

250 Participants

\$9,700 Raised for WRAP



- Runners take off at the first certified 8K Nash Dash. BNC supporter and Nash Dash Committee member, Jon King (in red) also competed in the 8K.



- Kelsey, daughter of Jason King and Becky Cheek-King, BNC Child & Family Services Team Leader, enjoys a snack after the 1 Mile Fun Run.



- Carrie Mandigo, Marilyn Sell, BNC Executive Assistant & David Johnson, BNC CEO. Ms. Mandigo won the KU Basketball signed by the 2008 National Champion Jayhawks during the silent auction.

“Be the Link to Healthy Minds”

Baldwin and Eudora School District Staff, as well as Baldwin drama students have starring roles in a locally produced DVD. The DVD will be used as a training tool in both districts to help staff recognize mental health problems, the barriers they can create to learning, and how to make referrals.

Called, “Be the Link to Healthy Minds: Recognize the Problem – Connect the Solution,” the DVD is part of the work completed through the Integration of Schools and Mental Health Systems Initiative, a project funded through the U.S. Department of Education. The Initiative helped partnering agencies create some infrastructure that enables them to work together more seamlessly. The DVD and supplemental materials can be utilized at Linktohealthyminds.org.

“Acting students were excited to observe and experience filming opportunities far beyond what is offered in our curriculum,” said BHS drama teacher Michelle Kirk. “Being a part of something this meaningful made an immediate positive impact on students that they will remember the rest of their lives.”

The Integration Initiative is a partnership of: Baldwin School District, Eudora School District, The East Central Kansas Cooperative in Education, Douglas County Youth Services, and Bert Nash Community Mental Health Center. The DVD was produced by Tallgrass Studios.



- Baldwin High School drama students watch at the DVD premiere party.





adult programs

Outpatient Therapy

Therapy services are provided by our Master's and PhD credentialed staff who provide research-based individualized, couples and group therapy treatment. Individuals served in 2008: 2,162. Primary Diagnoses: Depression and/or anxiety.

Anxiety Clinic and Treatment Program

The Anxiety Clinic and Treatment Program is designed to provide research-based treatment for anxiety disorders, the most common illness in the U.S. Research shows that anxiety disorders affect almost 1 out of every 5 adults each year. Individuals served:

250 clients in this service both individually and in groups. Treatment: Research based approach to treatment of anxiety; clients report excellent outcomes.

Community Support Program (CSS)

The Community Support Program includes all services provided to persons with severe and persistent mental illness. The services are designed to assist adults with mental health disorders to live independently and productively within their community. These services are:

- case management
- psychosocial groups
- peer support supportive housing
- supportive employment
- supportive education
- integrated dual diagnosis treatment.

Decision Support Center

Program Partners: University of Kansas and Pat Deegan, Ph.D. This program provides the opportunity for CSS clients to participate more actively in shared decision making decision with their psychiatrist regarding their medications. This approach uses technology to assist clients in communicating with their doctor and treatment

team with many opportunities for patient education. Patients are able to access computers in the Decision Support Center Kiosk. During the client's medication appointment, their doctors are able to access the Kiosk report.

Treatment Advances

Evidence Based Practice standards are based on researched and proven treatment approaches referred to as "fidelity measures". CSS continues to meet evidence based fidelity standards for our Supportive Employment Services. We have met the Integrated Dual Diagnosis Treatment Fidelity standards and added two new Evidence Based Practice models for the Strengths Model of Case Management. The focus of the Strengths Model is on clients' strengths and self determination, with emphasis on the case manager-client relationship and aggressive outreach. This strengthens and validates our programs working with persons with severe and persistent mental illness and keeps us on the "cutting edge" of treatment.

WRAP Program: Working to Recognize Alternative Possibilities

This program was introduced in 1997 with the purpose of providing specific mental health services to Douglas County children and staff in schools. Number of students served: 992 students in 2008. Loss of funding has led to lower numbers of students served. We currently have funding from the school district and county to support WRAP workers in the Junior and Senior Highs in Lawrence. The WRAP Program has helped write a federal Safe Schools/Healthy Students grant for the Eudora school system and we hope this will provide WRAP clinicians for the Eudora schools.

Success by 6

The program, which is funded by Smart Start Kansas, assists parents (in their homes and without charge) to more successfully parent their children. The Success by 6 Coalition of Douglas County's inter-agency Family Resource Team provides early intervention services to families with young children. Services provided by the Family Resource Specialists include:

mental health services • assistance with family life management • parenting education • information and referral • and support and advocacy.

The primary focus of the coalition is on positive parent-child relationship building and preparing children to succeed in school and life. Services are provided by master's level clinicians with specialties in early childhood mental health. Bert Nash Center contributes two individuals to the team. To qualify for the program a family must have one child age 5 or younger and live in Douglas County. Number of families served: 200, (approximately 500 children being served by the program.).

Outpatient Services

Programs include prevention, education and outreach into the schools and surrounding communities which support families; psychotherapy; consultation; medication and education management; psychological evaluations; court evaluations; drug and alcohol evaluations and treatment; and psycho-educational groups



child & family programs

for parents and children. Crisis services are provided on a same-day basis during working hours and through a 24-hour emergency telephone service; and may include face-to-face screening when necessary.



Nancy Shontz

EDUCATIONAL SERIES

In November 2000, Dr. Franklin Shontz generously donated the family home in honor of his wife Nancy's mental health work. It was called Nancy's House, and it expressed the spirit of Nancy's love for Lawrence as her home by providing family-style housing—a home—to individuals recovering from mental illness. In early 2005, significant changes in clients' housing needs required reconsidering the best means by which to honor Nancy's memory. Dr. Shontz and members of the Center's executive team determined that education for the Center's staff and other professionals, as well as for the larger community, were pressing concerns and that supporting such activities was an appropriate way to continue to redirect the funds generated from the sale of Nancy's House.

Because Dr. Shontz believed strongly that the Nancy Shontz Educational Series should

be started immediately, he made an additional generous donation to the fund in order to launch the series in 2005. The purpose of the Nancy Shontz Educational Series is to promote educational excellence in the area of community mental health for our staff, colleagues and community at large with the goals of developing competence and empha-



• Dr. Frank Shontz and Dr. Jorge Pena

sizing ongoing evidence-based training. The educational series honors and memorializes Nancy Shontz, whose commitment to community and education were vital to Lawrence, and, Frank Shontz whose vision for community mental health sustains our educational commitment.

In 2008, the educational series brought Jorge L. Pena, Ph.D., a clinical psychologist with the Family Therapy Institute of Miami to Lawrence. Dr. Pena gave a lecture on Brief Strategic Family Therapy on Thursday, March 6th to 150 Center staff and community mental health professionals. On Friday, March 7th, Dr. Pena met in depth with Center staff to cover more applicable measures. His teaching experience includes universities and colleges in both the USA and abroad. He has held clinical positions with both public and private agencies and currently conducts evaluations for juvenile courts in Florida.

Report from the Endowment Trustees

“These are the times that try men’s souls” – Thomas Paine in *The American Crisis*. “It was the best of times, it was the worst of times” – Charles Dickens in *A Tale of Two Cities*. Both quotes, in a way, sum up 2008 for Bert Nash. No, it was not as bad as the American and French Revolutions. On the one hand, our staff performed extraordinarily well to the increase in the need for our services while on the other hand, we saw a steady drop in our Endowment Fund assets. Like every other Endowment, we could not escape the dramatic downturn in the economy. But on the other hand, our donors were steadfast in their belief in the need to support the work of Bert Nash so that we could continue to provide comprehensive mental health care for all residents of Lawrence and Douglas County in need.

Our fundraising efforts this past year enabled us to add \$81,600, an increase of \$10,000 from 2007, to the Endowment. We had a wonderful successful Evening

with Larry Brown in the fall with many great stories from KU’s storied Basketball past while capitalizing on our just completed National Championship. To have the only two living basketball coaches to win National Championships at KU present was amazing. We are grateful to our several sponsors and friends who provided the venue for the evening and the transportation and accommodations for Larry. The annual Nash Dash in May continued the tradition of supporting the all important WRAP program in the public schools. And our annual solicitation in December capped off our annual fundraising. All the efforts were supported by a broad base of contributors in the Lawrence and Douglas County communities and we are especially grateful in these difficult times for the support of our loyal donors.

We want to thank our Investment Committee, William Beedles, Maurice Joy, Chair, Kelly Welch, Carolyn Shelton, and Chuck

Warner for giving of their time and expertise to our Endowment and for insuring that we look to the long run in the management of the funds. We could not ask for a better committee.

The Pioneer Award recognizes those whose contributions during the year total \$1000 or more to the Endowment Fund. Each year we are pleased to report an increase in the number of contributors at that level. All our donors are important to us and we are thankful for each and every one of you who supports Bert Nash annually. You recognize the importance of the work we continue to do for the community and which is done in the spirit of Bert Nash himself who saw the need to open such a comprehensive center nearly 60 years ago.

Thank you.

Alice Ann Johnston
CHAIR, ENDOWMENT TRUSTEES

2008 Revenue, Expenditures, Clients

Revenue

Fees, Contracts & Grants	\$6,044,588
State Funding	\$1,319,880
County Funding	\$1,696,478
Endowment Funding	\$144,000
Other	\$939,256

Expenditures

Salary & Related Expenses	\$8,409,745
Center Operations	\$1,364,017
Depreciation	\$196,225

Total Clients Served

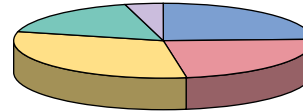
New Clients	3130
Ongoing Clients	2828
Primary Diagnosis	Depression Disorder
Top Referral Sources	Self, Family, Friends
Number of Staff	181 full and part-time

\$10,144,202

\$9,970,987

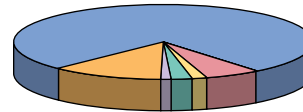
5958

Age of Clients



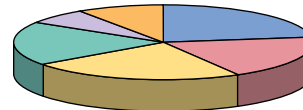
- 18 and Under (25%)
- 19 - 25 (22%)
- 26 - 40 (31%)
- 41 - 59 (17%)
- 60 and Over (5%)

Ethnicity



- Caucasian (76%)
- African American (6%)
- First Nations People (2%)
- Hispanic (3%)
- Native Hawaiian, Pacific Isle or Asian (1%)
- Other/Unknown (12%)

Income



- \$0 - \$5000.00 (23%)
- \$5001 - \$10000.00 (19%)
- \$10001 - 20000.00 (23%)
- \$20001 - \$50000 (19%)
- \$50001+ (6%)
- Unknown (10%)

Affordable and Accessible:

As the only comprehensive mental health facility in Douglas County, we are determined to be financially and physically accessible to every resident of the county. Our services are affordable! Sliding scale fees are available to Douglas County residents according to financial ability and access to all other available resources (insurance, Medicaid, Medicare, etc.). No one is denied services because of inability to pay.

The Bert Nash Center is committed to:

- Quality, accessibility and innovation
- Education and advocacy
- Strong Partnerships in promoting health
- Financial Stability



Leadership

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Chief Operations Officer
Takeshi Yoshida, MD
Medical Director
Eunice Ruttinger, LCSW
Adult Services Director
Janice Storey, LCSW
Child and Family Services Director
Beth Ankerholz
Information Technology Director
Tracy Kihm
Finance Director

Mission Statement:

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.

www.bertnash.org

Bert Nash
COMMUNITY MENTAL HEALTH CENTER

2008 Donors

10,000+

Treanor Architects

5,000+

Doug Compton

Ullrich and Linda Porzig

Edenwold Trust

2,500-4,999

Capitol Federal Savings Foundation

Julie Manning

1,000-2,499

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500-999

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Lawrence Bank

The Wheel

The World Company

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D&D Tire

Duane Costlow

Jack Ellena Honda

Kelvin Heck

Kevin Vick

250-499

ACMHCK

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Richard Jantz

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100-249

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Doctors Crandon and Crandon

Gifford Eldredge

Hilda Enoch

Richard Peters

Tim and Jerrye Van Leer

Chuck and Karen Warner

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Dody Johnson

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Joan Scannell

Julianne Johnson

Randy Beeman

Richard Spano

Trust Company of Kansas

William Lienhard

Jane Malin

Brad Boydston

Faye Jones

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Central National Bank

Charles Crabtree

Charles Michener

Dale Slusser

Dennis Kimball

Donna Swall

Douglas County Bank

Eleanor Coffman

Gary Sollars

Jason Edmonds

Jerry Dobson

John Kiefer

Joseph and Paula Flannery

KU Credit Union

Laser Logic

Richard Rossman

Robert Russell

Sidney Garrett

Up to 99

Marcia Hill

Mike and Linda D. Wildgen

Rebecca Cheek-King

Richard Himes

Up to 99 (cont.)

Ronald Liebman
Stephen Hill
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Jewish Community Center
Lawrence Community Shelter Inc.
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Timothy Curry
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Charles Russell
Cynthia Murray
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Dennis Hoss
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Don Steeples
Ivan 'Spike' Kneisel
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Richard Kjoss
Robert Zerwekh
Weaver's Dept Store
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Kristen Brown
Lucas Houk
Kathy Branson

Sandra Urban
Allen Dean Hahn
Amber Nickel
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Don and Alice Ann Johnston
Jerry Dobson
David and Michele Johnson
Jean Milstead
Wyandotte Center
Adele Roth



Bert Nash
COMMUNITY MENTAL HEALTH CENTER

“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” first hand. Life is a journey nurtured by the processes of birth, discovery, reflection, acceptance and renewal. These changes are addressed on many levels. The first is the progression of an individual life, from birth to old age. We discover the world as innocents, and grow to play in its bounty as adolescents. We confront fears, establish roots and community as we mature. In old age comes reflection and acceptance. Life is a cycle that winds back on itself like the course of the seasons and the elements of nature. The changing of the seasons from spring through summer, fall to winter and then to spring, mirror the personal journey. Color accents the emotional aspects of that journey. The emergent

colors of spring give way to the riot of summer, which bows to the uncertainty of fall and leads to the cool blues and purples of winter. The cycle repeats with the renewal of spring colors. The four elements: earth, wind, fire and water weave through the panels; lava flows to a mountain lake which in turn flows to a sea and feeds a river. The sun fires across the horizon and ignites the moon that reflects in the water. The wind caresses the hair and gathers the leaves that fall. The earth is the mother, the bed of life in which the roots grow upon which we leave our footsteps. The journey is all of one day. Out relation to the whole, like the earth to the cosmos, a page from a big book slowly peeled back. Close your mind and look at it like a child.