



Bert Nash

CREATING
CHANGE

2019 ANNUAL REPORT



CREATING CHANGE

Creating Change was our theme for 2019. There couldn't have been a more fitting description.

When I came to Bert Nash over two years ago, I expected there would be changes and that I would be part of creating some of them. I would have never foreseen the significant number of professional and personal ones I would go through.

At the Center, we've been involved in creating change in how we deliver services, and I am happy to report we've made significant progress.

This past year we Responded to the Needs of our community by increasing our Open Access hours from three hours per day to eight hours per day, which was a 166% increase in available time for our community for that critical first appointment on their journey toward recovery.

On top of that, we increased our hours of operation so that we are open earlier in the day and later into the evening to further increase access.

We Responded to the Needs of our community by recruiting additional psychiatric providers here at the Center and through our community partnerships. These additional providers, along with the introduction of Right Time Care, have allowed us to dramatically shorten wait times. Previously, it literally took at best several weeks and all too often nearly six months to get into the first visit with a psychiatric provider. Now, our psychiatric services are routinely available on a same day or next day basis and within 3-5 days at the longest.

We expanded how we Restore Lives with the addition of WRAP Specialists in Eudora, Baldwin City and Leocompton.

We continued our mission of Building a Healthy Community when we broke ground on the first phase of the Treatment and Recovery Campus with construction beginning on Transitions. Transitions is our new transitional housing facility and program designed to provide those in need safe,

affordable and stable housing to support them in the restoration of their life.

Additionally, we have made significant progress on bringing the voices of those with lived experience into the service arena with the addition of 11 new Peer Support Specialists through the Douglas County Peer Fellows program. We are extremely honored to be part of this community collaboration, made possible by Douglas County, as we place these new Peer Fellows at: Lawrence Public Library, the Lawrence-Douglas County Housing Authority, and LMH Health's Emergency Department.

Also in 2019, we celebrated the 20th anniversary of the Community Health Facility, along with our neighbors, Lawrence-Douglas County Public Health and Visiting Nurses Association.

I am grateful that we have a caring community that supports mental health services and the changes we've made. I am grateful to our collaborative and supportive agency partners who join us in delivering these critical services.

Lastly, I want to extend a heartfelt "Thank You" to all of you, and especially our Celebrate Bert Nash Society Members, who helped us Create Change this past year.

Thank you for supporting us.



Patrick Schmitz, Bert Nash CEO



I THINK THE BIGGEST THING I'VE SEEN IS THE **CONFIDENCE** PEYTEN HAS IN HERSELF FROM GOING TO THERAPY. SHE WAS SCARED TO LET HER FEELINGS OUT BEFORE OR EVEN TALK ABOUT THEM. NIKKI HAS HELPED HER REALIZE IT'S OK TO SHARE YOUR FEELINGS. ”



WHEN YOU NEED TO
TALK TO SOMEONE,
THERE'S NOTHING
WRONG WITH ASKING
FOR HELP.

IN HER SHORT 11 YEARS, Peyten has experienced a lot. She has been bullied at school. A fellow student threatened to kill her. And there have been family issues.

"I know more things than an 11-year-old should," Peyten said.

Her mom, Jessi Benson, said Peyten, who is a fifth-grader, is very mature for her age.

"I have to be the grownup sometimes," Peyten said.

It used to be that Peyten would keep her feelings bottled up inside. Then they would eventually boil over in fits of anger.

Through her relationship with her Bert Nash therapist, Nikki Hutchison, Peyten has learned how to deal with her feelings and frustrations.

"When she first came in, Peyten was having some struggles with being effective with her communication," said Nikki, who is a Child and Family Services therapist at Bert Nash. "She had a lot of emotional build-up."

Peyten and Nikki were a good fit. Peyten felt an immediate connection with her therapist. At Nikki's suggestion, Peyten started journaling and she began doing an emoji diary, so she could track how she was feeling.

"I had trouble talking about my feelings," Peyten said. "But Nikki helped me get stuff off my chest. Therapy helped me get those bad memories out of my mind. It was nice to explain how I feel to someone and have them listen. That helped a lot."

Peyten's mom and her grandmother DeeAnn have always been her confidantes. But the bullying at school was difficult for Peyten to deal with, even with the support of her mom and grandmother.

"Someone threatened to kill me and made fun of me a lot," Peyten said. "I got really upset and had thoughts of worthlessness and self-doubt."

Peyten's mom was understandably alarmed.

"It absolutely terrified me," Jessi said. "I didn't want to send her back to school at all. As a parent, I shouldn't have to worry about sending my third-grader to school because of her safety from another child."

That's when Jessi decided to have Peyten see a therapist at Bert Nash.

"I had gone to Bert Nash myself," Jessi said. "So I knew that therapy can help. It's nice to know we have that resource if we need it. I went when I was 18 and spoke with a therapist and it helped."

For Peyten, therapy, along with a change of schools, indeed helped.

"Nikki gave Peyten the confidence that it was OK to feel the way that she was feeling," her grandmother DeeAnn said. "That she had the right to feel the way she was feeling. That it was OK to ask for help."

Now, Peyten is doing so much better, both personally and at school.

"Going to therapy has made Peyten feel more confident," DeeAnn said. "This past year, she has just shined."

Peyten's mom and grandmother couldn't be more proud. And they are grateful for the help Peyten received from her Bert Nash therapist, Nikki.

"When you need to talk to someone, there's nothing wrong with asking for help," DeeAnn said. "I think the biggest thing I've seen is the confidence Peyten has in herself from going to therapy. She was scared to let her feelings out before or even talk about them. Nikki has helped her realize it's OK to share your feelings."



**IT'S OK
TO ASK FOR HELP**



PATRICK KELLY will be the first to admit he's not the touchy-feely type.

"In my family, we weren't huggers," Patrick said. "We sat around and read books and tried to outsmart each other."

But Patrick, who is director of the Lawrence College and Career Center and is a Douglas County commissioner, has come a long way in his emotional journey.

A starting point for him was when his step-daughter, who was in high school at the time, was struggling.

"We were at a complete loss," said Patrick's wife, Amy. "So we called Bert Nash. We took her in the next day for an assessment and they were wonderful. Thank God we had Bert Nash."

**THANK GOD
WE HAD BERT NASH**

For Patrick, he was supportive and he wanted his step-daughter to get whatever help she needed, but the idea of therapy was outside of his comfort zone.

"I didn't understand mental health care. Again, I grew up in a household where you just sort of made it work," Patrick said. "We didn't cuddle, we didn't hug, we didn't do any of that stuff. My predilection was you just have to work harder."

For his wife, she was much more comfortable with the idea of seeing a therapist.

"I did that when I was in my 30s," Amy said. "For me, therapy was a safe place to say whatever I wanted. But I knew Patrick struggled some with it."

Amy's daughter went through the Dialectical Behavior Therapy program at Bert Nash.

"She's utilized those skills she learned in DBT many times and she's doing really great now," Amy said. "I would go with her to family sessions and Patrick went some. It was really interesting. Even then, Patrick could tell it was very helpful information."

Patrick's views about mental health care have progressed over time. He spoke publicly about his journey last year during an all-staff meeting at Bert Nash and again at the Celebrate Bert Nash event in November.

"When my step-daughter came to Bert Nash, that was the starting point of my journey understanding mental health," Patrick said. "At the time, I was scared and I was ignorant. Translation, I was dismissive and judgmental. I was operating with the information I had at the time and with the skills I had at the time."

Fast forward about four years, and Patrick was a principal at Free State High School.

"We weren't comfortable talking about mental health then. Translation: I wasn't comfortable talking about mental health then," Patrick said. "But we had a Bert Nash WRAP (Working to Recognize Alternative Possibilities) therapist, April Ramos, at the school at the time who was showing up in my office with students on a daily basis. April was instrumental in helping a not 'touchy-

feely' educator understand that mental health is no different from physical health and that we have to treat it with the same respect and care in order for our students to be successful."

In his role as an educator, Patrick has become an advocate for Mental Health First Aid, an eight-hour training course that Bert Nash offers. Mental Health First Aid teaches participants how to help someone who is developing a mental health problem or experiencing a mental health crisis.

"Everyone on my staff (at the Lawrence College and Career Center) attends a Mental Health First Aid class," Patrick said. "I really thank Bert Nash for giving us the skills and the tools to serve our students in the most respectful way possible."

In his role as a county commissioner, Patrick interacts with the Bert Nash Center in a different capacity.

"I am so proud and grateful for the work that you (Bert Nash) do on behalf of the people of Douglas County," Patrick said. "The integration work Bert Nash and other community partners are doing is unbelievable; it's innovative and it's inspiring. You've increased services by expanding your hours, you've expanded access to psychiatric care, and you're building a workforce of peer support mentoring that goes beyond the walls of Bert Nash. In my work, I am inspired and motivated every day by the work you are doing."

He still may not be a touchy-feely person, but Patrick's personal journey regarding mental health care continues to evolve.

"And it's a journey that has significantly been influenced by the people at Bert Nash," Patrick said. "I'm still on my journey to embrace and support mental health and to be an advocate. Sometimes it has been two steps forward and one step back. But it is with my entire heart that if I could, I would reach out my hands and hug you and thank you. On behalf of the people of Douglas County, on behalf of the educators of Douglas County, on behalf of the College and Career Center, and on behalf of my family, thank you so much for the work that you do to make our community so much better."

I AM SO PROUD AND GRATEFUL FOR THE WORK THAT YOU (BERT NASH) DO ON BEHALF OF THE PEOPLE OF DOUGLAS COUNTY. THE INTEGRATION WORK BERT NASH AND OTHER COMMUNITY PARTNERS ARE DOING IS UNBELIEVABLE; IT'S INNOVATIVE AND IT'S INSPIRING.



IT'S A JOURNEY THAT HAS SIGNIFICANTLY BEEN INFLUENCED BY **THE PEOPLE AT BERT NASH.**





BEING PART OF DBT AT BERT NASH, THE THINGS I'VE LEARNED HAVE BEEN REALLY HELPFUL AND THEY'VE REALLY HELPED ME WITH MY SELF-WORTH.



EVERYWHERE WE GO, WE'VE BEEN AN ADVOCATE THAT THESE SKILLS CAN HELP THEIR FAMILY AND BE A **CATALYST FOR CHANGE.**



ZSOFIA had cut herself before. But this time was different. She was really scared.

She called a friend and the friend was also scared. So, the friend called 911.

"I reached out to a friend when the self-harming incident occurred," said Zsafia, who is a senior in high school. "I didn't know what to do, so I called my friend."

When first responders called the house, it was a surprise to Zsafia's mom, Traci, who was home at the time but wasn't aware of what had happened.

"They were both afraid, I was just really glad that Zsafia's friend called 911," Traci said. "She did the right thing and we really appreciated it."

Zsafia was struggling emotionally at the time.

"It was a combination of things," she said. "I was going through a lot at school. I had a breakup. I was just in a really bad place. I had done self-harming before. This time, it was really bad."

Traci drove Zsafia to Children's Mercy Hospital in Kansas City, Missouri.

"They explained that self-harm was different from a suicide attempt," Traci said. "Explaining that difference was helpful."

Zsafia spent about a week in the hospital.

"During my time there, we had group therapy sessions," Zsafia said. "I had been going to therapy for like 10 years, but I had never done anything like that before. I thought this is really helpful and it was really cool to be around other kids who were going through similar situations."

At Children's Mercy, it was recommended that Zsafia see a therapist. Her parents brought her to Bert Nash.

"Everybody was really great about making sure I was OK," Zsafia said. "Everyone was really supportive, and I really appreciated that. Because I know a lot of teenagers who don't get that support."

When Zsafia was in elementary school, she started having some problems. That was the first time she came to Bert Nash.

Now as a teenager, Zsafia went through the Dialectical Behavior Therapy program at Bert Nash.

"I still have problems, it's not like I'm magically better," Zsafia said. "But I don't get as low or if I do get low I can get up really quickly. These problems never really go away, but through DBT you learn how to deal with them better."

Her parents and step-parents have seen the change in Zsafia.

"She's grown so much," said her dad, Chris. "We've all seen it. When we first got to Bert Nash, they said if you work on this and you have your support group to work on this with you, you will get better. And it's happened."

Zsafia is an over-achiever. She gets good grades, she's artistic, she's musical. So her internal struggles may not be visible to others.

"With a girl who is very successful in school and gets good grades, people don't see things and it's easy to mask her problems," her mom, Traci, said.

As part of DBT, Zsafia participated in both group and individual therapy.

"I liked the solidarity about group," she said. "It was nice to see that other people had struggles. You see social media and it looks like all your friends are doing these great things and everyone is being so happy. It's really nice to talk to people who are also struggling."



**TO HAVE
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AMAZING**

“

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”



Even though she has graduated from the DBT program, Zsofia continued to see her individual therapist, Jessica Allison, and was involved in an advanced adolescent DBT group.

"Jessica is amazing," said Zsofia's mom, Traci. "She's the best counselor we have ever had. What she can do with Zsofia, it's really amazing. And the coaching calls are a life-saver. Because, a lot of times as a parent, it's hard to break through. But if Zsofia is having a hard time, I will tell her to use her coaching call and call Jessica. If Jessica's not available, then the call goes to another therapist. There are a lot of times we need help and we don't know what to do. To have that help is amazing."

Zsofia and Jessica have formed a strong bond.

"I feel like she can really empathize with the stuff I've been through," Zsofia said. "It's very easy to talk to her."

"We bonded really quickly," Jessica said. "She has made a lot of progress. I'm just really, really proud of Z and her parents."

The entire family has benefitted from the skills they have learned from DBT.

"There were things I did as a parent that I had no clue were hurting her," Traci said. "I still do, but now she's brave enough to tell me. Zsofia will point it out to me, that's not validating."

"It's helped me to understand Zsofia better, and it's helped me to understand myself better," her step-father, Les, said.

"That whole structure in DBT is encapsulated in that this is an ongoing process, that it's a practice that needs to be nurtured and worked on," said Zsofia's dad, Chris. "Everywhere we go, we've been an advocate that these skills can help their family and be a catalyst for change. We've been the family that people have come to and said we know you've been through this, how can we get help."

And they always tell them the same thing, go to Bert Nash.

"Being part of DBT at Bert Nash, the things I've learned have been really helpful and they've really helped me with my self-worth," Zsofia said. "When I got to Bert Nash, it was like a community, and that was really helpful."





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WE'RE DEFINITELY PROUD OF HIM. BECAUSE THE KID WHO CAME TO US WOULD HAVE NEVER GRADUATED FROM HIGH SCHOOL. HE'S COME A LONG WAY. HE REALLY IS ONE OF THE MOST AMAZING HUMANS YOU COULD EVER MEET. HE IS KIND AND GENEROUS AND THOUGHTFUL. SOMETIMES I CAN'T BELIEVE WHERE HE IS, GIVEN WHAT HE HAS GONE THROUGH.

PARENTING ISN'T EASY. Especially if you feel like you don't have the support you need.

That's how Becca and Eliot Spielman felt before they came to Bert Nash.

Then, for the first time, they felt supported. And understood. And validated.

"During our first meeting with Angie (Keegan, who was a Bert Nash parent support specialist at the time), it was clear that she understood both the gravity of the situation and the range of emotions my partner and I were experiencing," Becca said. "She sat with us when we cried, and she validated our concerns. She was a true advocate for us and someone we looked to for ongoing support and guidance."

Becca and Eliot adopted Baxter six years ago. He was 12 at the time and had been in foster care since he was 3. He came into the family with some serious challenges.

"He had a very difficult childhood," Eliot said. "He had been in something like 48 placements."

Baxter was the middle child of five children and he was the last one to be adopted.

"We think it largely had to do with his gender identity," Becca said. "He had dressed in stereotypically girls' clothes from the time he was 5."

"That's why he came to us," Eliot said. "They told us his story in our foster parenting class and we immediately knew we wanted to adopt him."

"Eliot had this profound epiphany that this was our child," Becca said. "Then we saw a picture of him, and it was all over from there."

Baxter has received medication management from Bert Nash from the time he came into Becca and Eliot's home. He also

participated in Bert Nash summer programs and worked with WRAP (Working to Recognize Alternative Possibilities) therapists while attending Lawrence Public Schools.

For Becca and Eliot, parent support through Bert Nash was exactly what they needed.

"We had tried everything before we came to Bert Nash," Eliot said. "Parent support has been huge for us. We've been so grateful."

"There's not a lot of support for parents, in general," Becca said. "There's this idea that if your child is struggling with something, then it is somehow related to your own parenting. We've learned there is a lot of stigma when it comes to parenting children who might have mental health diagnoses or may have some other kinds of behavioral needs."

Even with support, it isn't always easy. Becca and Eliot have been together for 13 years and were married four years ago, but the family dynamic could sometimes put a strain on the couple's relationship.


"We have definitely had our moments," Eliot said. "But we have always been very committed to each other. So, us splitting, that was never going to be an option. We have seen each other at our absolute worst, but I really do think it has made us stronger."

And Baxter, 18, who graduated from Lawrence High School last May, is a stronger person, too.

"We're definitely proud of him," Eliot said. "Because the kid who came to us would have never graduated from high school. He's come a long way. He really is one of the most amazing humans you could ever meet. He is kind and generous and thoughtful. Sometimes I can't believe where he is, given what he has gone through."

Baxter appreciates being part of a family that loves and supports him, no matter what.





"I would like to thank them for a lot of things. Just for bringing me into their home, being able to accept me with all my faults," Baxter said. "They show that they're not going to give up, that they are there for me, always and forever. There's never been a point that they don't love me or that they're not going to be there."

The services Baxter, Becca and Eliot received from Bert Nash helped them all get to a better place, individually, as a couple and as a family.

"When we came to Bert Nash, we had so much anger and hurt and despair," Becca said. "We felt very helpless."

"We didn't feel judged at all when we came to Bert Nash," Eliot said. "We've been so grateful for the help we received."

"It's been the most impactful for us," Becca said. "That, to me, is why Parent Support is so important. For the first time, we felt like someone is in our corner. It validated our experiences and let us know that we had someone in our corner."

Baxter put it best, Becca said recalling a conversation with a therapist.

"One of the best moments in my life, actually, was during a family therapy session where Baxter was asked by the therapist how do you define family," Becca said. "And his response was family never gives up on each other."

**FAMILY
NEVER GIVES UP
ON EACH OTHER**



SHE CAN SMILE NOW

CINDY STURM and Vince Wondrack started working together in 2016.

Cindy was a Bert Nash client and Vince was a SEED (Supported Employment Education Development) specialist for Bert Nash. In his role, he works with clients to help them find and maintain a job or return to school.

Now they are colleagues.

Cindy became a Bert Nash peer support specialist in 2019. Peer support specialists use their own mental health experiences to help others.

She calls it her dream job.

"I'm so proud of this work," Cindy said. "I get to help people and give them hope that recovery is possible. I share my story with others to give them inspiration, to give them a model to look at and say recovery is possible. With peer support, the stories are important."

Cindy's own story has spanned three decades and included many ups and downs. Along the way, there were job losses, a bad marriage and mental illness.

"I was diagnosed with bipolar disorder almost 30 years ago; I was 23," Cindy said. "I'm a longtime consumer of mental health services."

Through it all, she was always able to work.

"Work has always been important to my stability," she said. "If I'm not working, I don't do well. I get depressed and then I get anxious."

Everything changed in 2009, though. She couldn't work.

"My world crumbled," Cindy said. "My symptoms were not controllable. It was all too much. I was hospitalized."

After her discharge from the hospital, Cindy entered a six-week intensive outpatient treatment at Bert Nash, which included dialectical behavior therapy and individualized therapy.

"That's when Bert Nash helped me the most," Cindy said.

With the help of her therapist at the time, Cindy applied for disability.

"I stayed stuck in a loop for many years," she said. "But through therapy and medication, I started to think there was more out there for me."

Cindy became involved with the Bert Nash SEED program in 2014 and started working with Vince a couple of years later.

"Vince and I met weekly, generally meeting at his 'office,' which was the corner booth at the Sixth Street McDonald's," Cindy said. "He helped me with my resume, job searching and interview skills. More than that, he helped boost my self-esteem."

"She was a very quiet person when I first met her," Vince said. "She didn't show very much emotion and she could be pretty negative about herself."

Vince helped Cindy enroll in a peer support certification course. After completing the training, she applied for a peer support position at Bert Nash. She interviewed three times, but didn't get the job.

"Vince didn't allow me to get down on myself," Cindy said. "He kept me positive; he was always there for me."

Vince helped Cindy secure housing assistance and explore the option of going off disability and returning to work full time. Despite everything she had gone through, Cindy never gave up.

"She's a super good person and a super worker," Vince said. "Perseverance is the word, I think, that sticks out for her."

In May 2019, Cindy landed that dream job. She became a peer support fellow at Bert Nash, through a partnership program with the County.

"I love doing peer support," Cindy said. "I like giving back. If I would have had someone there with me sooner, to model recovery for me, I think I would have got better a lot faster."

Vince became that person for her, and he still is. Even now, they still have occasional check-ins.

"I told her she can walk into my office anytime she wants but now it is as a colleague," Vince said. "When I first met her, she didn't smile much. When I would catch her smiling, I was like, yeah, keep doing that. Cindy can smile now."

"Today, I have a full life with friends, a support system surrounding me, and most importantly, I have the support of my family," Cindy said. "I wouldn't be here if it wasn't for my mom and dad's unconditional love. For that, I'm so thankful."



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ANNA NOTICED that her daughter, Izzie, wasn't acting like herself. She knew Izzie was struggling.

Anna also knew Izzie needed help. That's when she brought Izzie to Bert Nash. That was February 2018.

"The kid you see sitting here now is not the kid who was sitting there when we initially started coming to Bert Nash," Anna said. "She's really improved on just owning her part, which is a drastic step from where she came from."

When Izzie, who is a freshman in high school, first came to Bert Nash, she didn't want to be there. She had seen other therapists before, and she hadn't had a good experience.

"My darling daughter didn't care for therapy at the beginning," Anna said, smiling.

Things were different when Izzie met with Sunnie Shedd, Bert Nash Family and Child Services therapist. Though not at first.

"At the beginning, she didn't feel like she needed to be here, or that it was going to be a waste of time," Sunnie said. "But how that evolved is a pretty powerful thing. She's grown leaps and bounds. She's a totally different kid."

"We could come in and talk about our issues and she would tell me to shut up at times," Anna said. "She was just so fiery. But then something happened. Sometime during the summer, things just clicked. The things Sunnie had said we started putting into practice."

Izzie was responding to the things Sunnie had been telling her.

"Sunnie got right to the point, and she actually cared about what she was doing," Izzie said.

Sunnie helped Izzie to look at her life differently.

"Before, when things used to get bad, I had a whole plan to kill myself before high school," Izzie said. "But something just

clicked. I thought, I kind of want to see how this turns out; I have things I want to do."

Anna, who was diagnosed with multiple sclerosis when Izzie was in kindergarten, didn't want her daughter to have the same emotional struggles she had growing up.

"When I was 19, I got help, and I wanted Izzie to have her own toolkit, too," Anna said. "I didn't want her to walk through this world without knowing how to process her emotions."

Anna had been a Bert Nash client. From her experience, she knew that therapy can help.

"I can remember Khala Bhana (Bert Nash therapist) telling me that counseling is just like going to the doctor, except that it's for your emotional needs," Anna said.

When Anna found out she was pregnant, she worried about what kind of mother she would be.

"I was so afraid of ruining her life," Anna said. "Honestly, I was terrified of having a girl, not knowing how a mother is supposed to interact with a daughter, but it's been incredibly cathartic. Izzie is very much my heart and an absolute mama's girl. I'm incredibly proud of the effort that she's put into improving herself."

Therapy with Sunnie has helped both mother and daughter and how they interact together.

"Izzie and Anna have created a really healthy dynamic through their family therapy work," Sunnie said.

"Things are easier at home," Anna said. "We used to have a lot of power struggles. I didn't realize how big of a part I was playing in that. I used to think I had been through counseling, so I know what I'm talking about. I had to learn to be a better parent. There were things I thought I could fix, because I'm the mom and that's what I do. And, Sunnie was like, no, you need to back off and let her figure it out herself."

A young woman with short brown hair and glasses is smiling and looking towards the right. Behind her, a woman with long brown hair and glasses is also smiling. Both are wearing red sweaters. The background is slightly blurred, showing what appears to be a window or a bright light source.

And Izzie did figure it out.

"I had seen people who were really negative and never got any help, and I thought I don't want to turn out like that," Izzie said. "I used to have this whole plan of how I wanted to end it, but I realized there were things I want to do. I just want to live it."

Now, whenever she's experiencing something unpleasant, Izzie tells herself, "Breathe in, breathe out, try not to stress out."

And she uses the tools Sunnie shared with her.

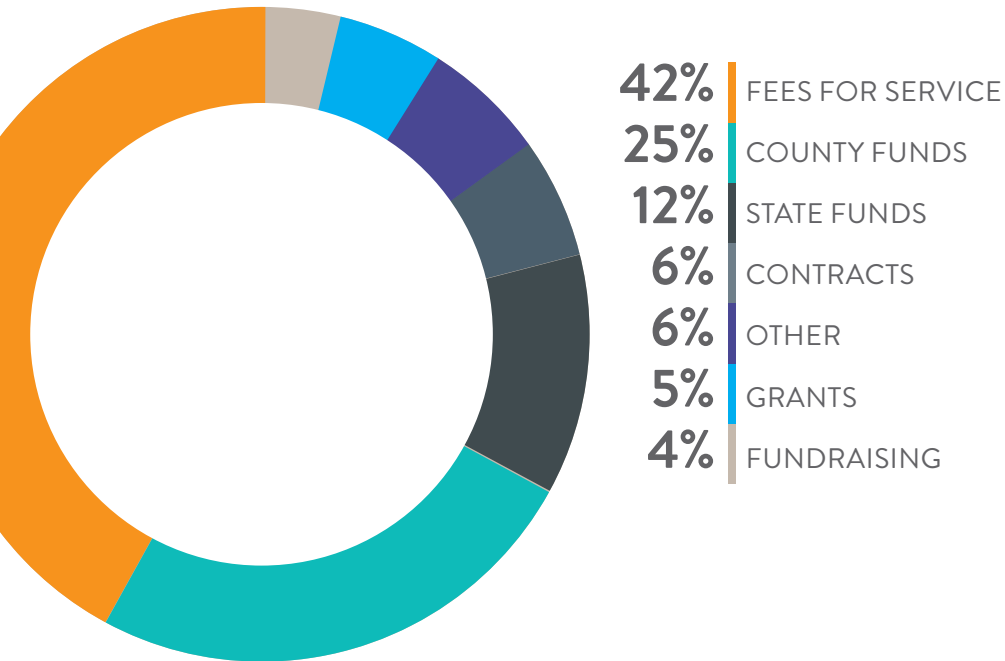
"Izzie realized that if she didn't make changes, then nothing was going to change," Sunnie said. "She took a big leap of faith and started to make those changes. How that evolved is a pretty powerful thing. It's not pulling yourself up by your bootstraps, but it's acknowledging this is hard, but I'm going to walk through it anyway and I'm going to ask for help and I'm going to do these things that will be painful and they might not turn out the way I want them to, but I'm going to try. She opened up and did the work she needed to do in order to create the life that is worth living."

CREATING A LIFE WORTH LIVING

BERT NASH

BY THE NUMBERS

(FOR JAN. 1-DEC. 31, 2019)



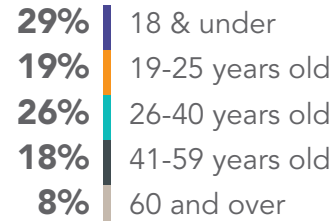
OPERATING REVENUES

\$13,553,058

\$4,646,005

Cost of uncompensated services (write-offs for sliding-fee scale and insurance write-offs) Bert Nash provided in 2019.

RESPONDING TO NEEDS



4,825 People Served

3,351 ADULTS

1,474 CHILDREN

RESTORING LIVES

2,843 New admissions in 2019

FEMALE 51%

MALE 49%

We serve a diverse community and aim to make our services accessible to everyone.

BUILDING A HEALTHY COMMUNITY

545 people were trained in Mental Health First Aid.

277 people attended one of 31 Discover Bert Nash presentations provided to the community.

BERT NASH LEADERSHIP



ENDOWMENT BOARD

FRONT, FROM LEFT: Myra Strother, Amy Northrop and Barbara Nash
BACK, FROM LEFT: Patrick Schmitz, Gary Sollars, Brad Burnside,
Jon Jamison, Chris Hutchens and Kelly Welch
NOT PICTURED: Jerree Catlin, Greg DiVilbiss, Alice Ann Johnston
and Jean Shepherd



GOVERNING BOARD

FRONT, FROM LEFT: Kirsten Kuhn, Martha Gage and Tina Rosenthal
BACK FROM LEFT: Gene Bauer, Lucia Orth, Patrick Schmitz, Gene Dorsey,
Matt Brown, Brad Burnside and Steve Splichal. Not pictured:
Barbara Ballard, Clay Britton, Jane Fevurly, and Ken McGovern

INVESTMENT COMMITTEE

NOT PICTURED: Chris Anderson, Marilyn Dobski, Chuck Warner,
Kelly Welch, chair, and Jide Wintoki

THE MISSION of the Bert Nash center is to advance the mental health of the Douglas County community through comprehensive behavioral health services responsive to evolving needs and changing environments.

BERT NASH VALUES:
COMPASSION, INTEGRITY,
EQUITY, ON A
FOUNDATION OF HOPE.



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