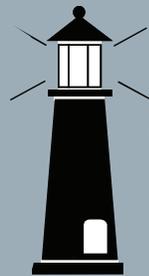


## *2007 Report to Our Communities*

*“To Accomplish great things,  
we must not only Act,  
but also Dream,  
not only Plan,  
but also Believe”  
~Anatole France*



**THE GUIDANCE CENTER**

*promoting healthy communities  
for seventy years*

*promoting healthy communities*

### **THE GUIDANCE CENTER**

**Atchison County:**

913-367-1593  
1301 North Second Street  
Atchison, KS 66002

**Jefferson County:**

785-863-2929  
1102 Walnut Street  
Oskaloosa, KS 66066

**Leavenworth County:**

913-682-5118  
500 Limit Street  
Leavenworth, KS 66048

[www.thguidance-ctr.org](http://www.thguidance-ctr.org)

## **Our 2007 Community Contributors**

One key to the success and effectiveness of The Guidance Center is the support and involvement of individuals, businesses and foundations. Many individuals and businesses contributed their time and talents as volunteers or with financial support this year. The people the Center serves each day have benefited directly from the generous support of these individuals and organizations.

Robert and Sharon Doran  
Geiger Ready Mix Foundation  
Keith Rickard  
Kaaz-Lexeco Donor Advised Fund  
Mid American Bank & Trust  
Kate Werring  
JoEtta Kaaz  
Mr. & Mrs. Cloud Cray  
MGP Ingredients  
Sisters of Charity  
Mutual Savings  
Mary Jo Springe  
Commerce Bank  
First National Bank  
Margaret Mize  
Leavenworth Water Dept.  
James and Margaret Byrne  
Steve and Kathy Meyer  
Lou and Carolyn Klemp  
Blaine and Mary Weeks  
Command Print  
Dave Barnum  
Jerry and Jane Gies  
Arthur Jahn  
Hart's Paint & Floors

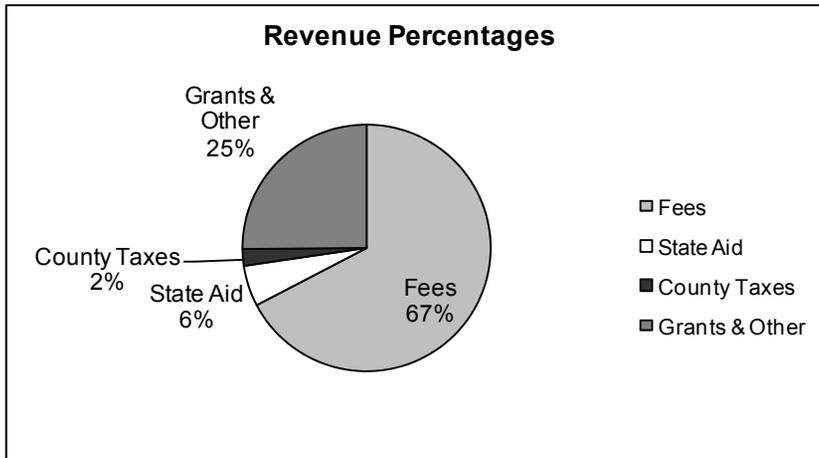
Carolyn Tillotson  
Paul Moccia, OD.PA  
Drs. Man and Nirupma Anand  
Tim and Sandy Marshall  
Frances and Katie Thorne  
Virginia Berney  
Leavenworth Fence Company  
Earl and Dorothy Thixton  
William and Martha Claflin  
Frank and Anne Glover  
John and Mary Vandyke  
Louie Klemp  
McCann Plumbing and Heating  
Jeff Brueggemann  
Leavenworth Paper Supply  
Larkin Excavating  
Leavenworth Rotary Club  
Kathleen Corrigan Toews  
Charles and Mary Van Petten  
Jeff Caudle  
Unit Rail Anchor Co., Inc.  
Loren and Vera Lutes  
Gary and Gloria Nussman  
The Sunflower Foundation  
United Way of Leavenworth Co.  
Kansas Media One

*Tell me and I forget; show me and I remember;  
involve me and I understand*

**2007 Financial Summary**  
Fiscal Year Ending December 31, 2007

**Summary of Operating Expenses and Revenues**

<b>Revenue</b>	<b>2007</b>	<b>2006</b>
For services provided, TGC billed clients:	\$ 4,517,333	\$ 4,955,249
But because of required contractual and other allowances, and the inability of patients to pay in full, TGC wrote off:	(\$ 520,346)	(\$ 883,361)
Therefore net from patient services were:	\$ 3,996,987	\$ 4,071,888
In addition TGC received		
State Aid	\$ 323,828	\$ 323,828
County Taxes	\$ 154,500	\$ 133,000
Grants & Other	\$ 1,680,601	\$ 1,520,581
<b>Our Total Operating Revenue was</b>	<b><u>\$ 6,132,350</u></b>	<b><u>\$ 6,049,297</u></b>
<b>Operating Expenses</b>		
TGC paid:		
For Salaries, wages and employee benefits:	\$ 4,478,515	\$ 4,254,630
Supply and ancillary services and depreciation:	\$ 1,653,835	\$ 1,698,146
<b>Total operating expenses:</b>	<b><u>\$ 6,132,350</u></b>	<b><u>\$ 5,952,776</u></b>
Excess of Revenue Over Expenses:	<b><u>\$ 23,566</u></b>	<b><u>\$ 96,521</u></b>





The Guidance Center  
Keith Rickard, Executive Director

Building Healthy Communities

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Dear Friends,

In my 17 years at The Guidance Center, it has always been a pleasure to report on our progress and challenges. The growth in service that has occurred since 1990 is truly incredible, and there are many people responsible.

We served nearly 3,800 people in 2007, nearly 2,000 more than we were able to serve each year in the early 1990's. Our staff has grown from 42 members to 125 members over the past 17 years. More staff at work means more people getting service.

More service translates into more stable families, better school performance, better work attendance, fewer kids needing foster care, more people getting and keeping jobs, fewer people involved in court services, and generally a healthier community. We are proud to be a part of making our three counties safer and better places to live.

Delivering quality behavioral health care takes partnerships. Our three counties (Atchison, Jefferson, and Leavenworth) partner to pool financial resources and share administrative costs. Our Center partners with the State of Kansas to contract for services for target populations and State Aid funding. Our clinical and support team members partner to craft meaningful, effective and cost controlled treatment plans, and our clients partner with our teams to achieve positive and healthy outcomes. No one person can take credit for helping our individual clients to achieve their treatment goals.

The pages that follow in this report detail what we did, what it cost, and who we impacted. I hope that it comforts you to know that if there ever is a need for behavioral health care in your family, you can rest assured that quality care is available right here at home.

Keith Rickard, MS, MBA  
Executive Director

# The Guidance Center

## 2007 Governing Board

### ATCHISON COUNTY

JULIE LOWE  
 KATHLEEN LOWMAN  
 CHUCK VANPETTEN  
 PAUL MOCCIA

### JEFFERSON COUNTY

PAT HAPPER  
 JEANETTE STILES  
 LOREN LUTES  
 TIM MARSHALL

### LEAVENWORTH COUNTY

LORA BLACK  
 JAY BYRNE  
 CINDY GEIGER  
 JERRY GIES

## Executive Staff

KEITH RICKARD, MS, LCP, MBA  
 EXECUTIVE DIRECTOR

KATE WERRING, LSCSW, ACSW  
 OPERATIONS DIRECTOR

DAVID BARNUM, PH.D.  
 CLINICAL DIRECTOR

JAYASHREE COCA, M.D.  
 MEDICAL DIRECTOR

JERRY McDONALD  
 FINANCE DIRECTOR

ERIK NYBERG, MHSA  
 INFORMATION SYSTEMS DIRECTOR

## Clients by Programs/Services

	2007	2006
Outpatient Therapy Services (includes medication management)	85%	83%
Substance Abuse Recovery Services	13%	11%
Emergency Services	15%	22%
Intensive Case Management	1%	3%
Community Support Services (for SPMI adults)	10%	12%
Community Based Services (for SED youth)	20%	23%

## Clients By Diagnosis

	2007	2006
Affective Disorders	32%	30%
ADHD/Disruptive Behavior	13%	12%
Substance Abuse Related	8%	7%
Schizophrenia	7%	7%
Anxiety Disorder	7%	7%
Adjustment Disorder	12%	10%
Eating Disorder	0.02%	0.09%
Impulse Control Disorder	0.05%	0.23%
Other Mental Health Diagnosis	37%	35%

Note: Totals can be different than # clients served because individuals may receive more than one service, have more than one diagnosis, or have progressed in age during service period.

# Client Information

3,775 Served in 2007  
100,221 Hour of Direct Service

## Clients Served by County of Residence

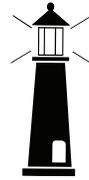
	2007	2006
Atchison County.....	952	941
Jefferson County.....	425	421
Leavenworth County.....	2,227	1,964
Out of County Residents.....	171	182
Total.....	3,775	3,430

## Clients Served By Age

	2007	2006
0-11 years old .....	519	528
12-18 years old .....	793	790
19-30 years old .....	808	750
31-40 .....	582	520
41-50 years old .....	583	538
65 years + .....	94	90
Unknown .....	20	14

## Clients Served By Race

American Indian .....	0.93%
Asian .....	0.41%
Black/African American .....	11.92%
Hispanic .....	0.06%
More than one race .....	0.03%
No Entry .....	2.87%
Other .....	7.92%
White .....	76.11%



The Guidance Center  
Chuck VanPetten, Board President

Building Healthy Communities

Dear Atchison, Jefferson & Leavenworth County Residents,

Over the past year, my fellow board members and I have had the opportunity to oversee the management and operations of a very remarkable not for profit organization that provides critical behavioral health care services and support to our communities. Many people don't realize that we are mandated by the State of Kansas to provide services for residents without regard for their ability to pay. The Guidance Center is fortunate to employ outstanding staff members who continue to make a significant difference in the lives of individuals, families, children living in our communities every day. In 2007, our dedicated team provided 100,221 hours of direct service to residents living in Atchison, Jefferson and Leavenworth Counties.

We are proud of the progress we have made toward accomplishing our goals, fulfilling our mission to promote healthy communities by delivering comprehensive behavioral health services, and of providing excellent care and services in the most efficient and cost effective manner possible. We have truly accomplished great things.

I encourage you to review the contents of this Annual Report, and to contact The Guidance Center with any questions you might have regarding the content of the report, or for additional information about programs and services. Additionally, members of the board are more than happy to answer any questions you might have.

Sincerely,

Chuck VanPetten, Board President



## Our Vision

We envision healthy, safe communities where individual differences are valued, human dignity is preserved, and personal strengths are enhanced.



## Our Mission

The Guidance Center promotes healthy communities by delivering comprehensive behavioral health services to individuals, families, and communities of Atchison, Jefferson and Leavenworth Counties.



Early on in life, most of us develop dreams and goals. As life goes on and circumstances change, so do our dreams and our ability to make them reality. And sometimes the ability to dream stops completely due to outside influences beyond our control.



All of us at The Guidance Center are fully committed to helping restore the dreams, and the goals that mental illness can sometimes steal. We help people with all types of mental health challenges, from mild depression and anxiety, to acute schizophrenia and bipolar disorder.



We encourage you to view the information contained in our 2007 Annual Report. We are proud of our accomplishments of this past year, and look forward to serving The people of Atchison, Jefferson and Leavenworth in the future.

## Looking to the Future

The past ten years has been a time of tremendous growth. We have experienced an increase in the numbers of individuals and families seeking mental health services, and have added new programs and staff to meet their needs. We have successfully met past challenges through fiscal responsibility, collaboration, and a strong belief in the willingness of our communities to support our organization. In the years to come, The Guidance Center will face new challenges and new opportunities.

Medical research has resulted in tangible progress toward our understanding of mental illness, and effective, evidence based, methods of prevention, intervention and treatment. We look forward to the opportunity to provide new prevention, early intervention and treatment services, as our communities grow in their understanding of mental illness, and the need for the comprehensive behavioral health services provided at The Guidance Center.

We look forward to the opportunity to achieve continued progress in reducing the stigma associated with mental illness and the increases in individuals with unmet mental health needs that seek mental health a result.

Welcomed changes in the way we serve individuals and families challenged by the consequences of mental illness have resulted in significant improvements in our service delivery system and client outcomes. We look forward to the challenge of increasing the supports and services offered through our Family Centered System of Care, designed to meet the specific needs of those seeking help through The Guidance Center.

Our greatest challenge will be maintaining the financial capacity to support the programs and services required to improve the overall mental health of Atchison, Jefferson and Leavenworth Counties. We look forward to the challenge of educating elected officials and our community members, and forging new partnerships to create continued financial support for mental health services.

In 2007, this inspirational young woman was added to the Guidance Center's "Wall of Fame", established to celebrate the successes of our clients in overcoming the challenges associated with mental illness.

**"Joshua" is ready to achieve.**

"Josh" has successfully transitioned from the Atchison Academy program to a traditional school setting, and is now attending Atchison Elementary School full time! He was enrolled in the Academy during his Kindergarten year and now he is in the 2<sup>nd</sup> grade! When he came to us he could not manage his emotions, count, recognize the letters of the alphabet, and he would write with both hands! "Joshua" can now read just below grade level, but he is at grade level for math and he can sound out any word we give him! He has come a long way!

**"Simon" finds Friends and Excels in school.**

\*Simon, a young man whose family had been homeless for long periods, struggled in school to make friends and succeed. In the past year, he accomplished his treatment goals and graduated from case management. John is now independent, successful, and self-sufficient at home—and has a group of close friends.

**"Denise" finds Inner Strength.**

"Denise" is a now 17 year old who began therapy at age 12 after being placed in foster care when she disclosed that her parents were sexually abusing her. She managed through the extremely difficult process of testifying against them. She experienced anxiety, depression, peer conflicts, and sometimes struggled to generally care for herself along the way. But all the while she persevered and gained wisdom and applied skills resulting in successful completion of therapy, graduation from high school early and with stellar grades, maintenance of a part-time job, acceptance into college, and a desire to work in the mental health field to help others. She is an inspiration and a lesson in resiliency.

**"Jack" regains control of his mental health**

"Jack" is a 64 year old, with a history of severe depression and hospitalization for serious suicide attempts. Case management services have assisted him with understanding his illness, forming new coping skills, and introducing him to local consumer organizations. The APP at TGC has provided education, group support, and continued reinforcement of positive coping skills. Mr. Moshier is now an active member of the consumer organization 'Clear Skies' in Leavenworth, and will be among a group of consumers to speak before the state capital on mental health issues and funding. "

- Client's names have been changed to protect anonymity.

## Services Provided In Our Communities

**Outpatient Services** consist of traditional mental health counseling and therapeutic intervention services delivered by professionals with training in psychiatry, clinical social work, counseling, marriage and family therapy, and psychology. A wide spectrum of diagnoses are seen in this service category to include mood disorders, anxiety, marital problems, parent-child problems, sexual problems, and impulse control disorders. As we work to incorporate behavioral healthcare into community settings, we have revitalized our delivery plan for mental health services in the school settings. Two of our locations were already providing services in their community schools, and our third office location began school-based services in 2007. We also offer domestic mediation as an additional service in our outpatient program. Substance Abuse Recovery Services are designed for those individuals experiencing difficulties with alcohol and drug abuse or addiction and are also provided on an outpatient basis. Finally, the Center's outpatient services also include psychiatry coverage for psychiatric assessment and medication management.

**Community Support Services** are delivered to adults who have experienced significant mental health problems that have a pervasive nature, meeting the State-defined criteria for Seriously and Persistently Mentally Ill. They typically need more extensive mental health support services to maintain their residency in the community. These individuals experience illnesses including Schizophrenia, Bipolar Disorder, Major Depression, and in some cases Borderline Personality Disorder. Case management, psychosocial group services, and attendant care are treatment options that provide alternatives to more restrictive levels of care such as hospitalization or nursing home care. Additionally, supported employment services provide assistance with job preparedness, employment search and application, and job coaching.

**Community Based Services** are delivered to children and adolescents who are at high risk for placement outside of the family. These children experience emotional problems that affect their functioning in the home, school, and neighborhood, meeting the State-defined criteria for Serious Emotional Disturbance. Services are typically provided in the home and school, including case management, psychosocial group programs, and attendant care. Services are

intended to assist the youth and their family maintain successful placement within their own home and enjoy success in their academic and social environments. This program is based on our belief that children are best raised within their own homes.

**Emergency Services** are available 24 hours a day, 7 days a week for clients requiring immediate attention. Walk-in emergency clinics, off-site pre-hospitalization screening assessments, and after-hours coverage are available throughout the Center's service area.

**Peer Support Program** employs staff members who have been recipients of mental health services to provide support for clients who are working toward recovery.

**T.A.R.G.E.T.** (Teens Achieving, Reaching, Growing, Exploring and Transitioning) is a psychosocial program available for high school age clients to assist them with learning and practicing life skills needed to transition successfully to adulthood.

**Evidence Based Practices** (EBPs) are emphasized in the service delivery model of The Guidance Center. EBPs provided through the Guidance Center include, but are not limited to: Service provision based upon the **Family Centered System of Care Model** (to encourage and facilitate family involvement in treatment and plans of care), **Integrated Dual Diagnosis Treatment** (to meet the treatment needs of those affected by severe mental illness and substance abuse problems,) **Supported Employment** (to facilitate acquisition and continuation of gainful employment for those affected by mental illness,) **T.A.R.G.E.T.** (Teens Achieving, Reaching, Growing, Exploring and Transitioning) a psychosocial program that is designed to better meet the needs of our youth population. These EBPs are connected to well-researched protocols for treatment and incorporate ongoing fidelity assurance methods to maintain our adherence to the proven treatment model.

In addition, we have expanded or implemented evidence-based methods in other areas of service as a means for developing new treatment approaches with a solid empirical basis. These include: (1) A **Pre-school Program** for children who have been identified as having or are at risk of developing behavioral health issues, and (2) **Respite Care** to provide assistance and relief for family members of individuals with severe mental illnesses.

## Client Success Stories

### Leather Karpierz and Amarilla Serrano - Successfully Employed

As Leather Karpierz entered adulthood, like many other young people, she was uncertain about what the future would bring. Unlike the majority of her peers, she was also dealing with the challenges associated with severe and persistent mental illness. Fortunately, she had a supportive family and a case manager who were prepared to assist with the transition.



As part of her treatment plan, Leather established a goal of finding and keeping a part-time job. To assist her in achieving this goal, Leather was referred to The Guidance Center's Supported Employment Program. Individuals with mental illness are often able to find a job but the nature of their illness interferes with their ability to keep that job.

Through the program, Leather was provided with assistance in identifying her career goals and personal abilities. She was then provided with help in finding a job, with supportive employers, that fit her personal preferences, strengths, and experiences.

Leather found her first employment opportunity at Goodwill. She was uncertain of her ability to succeed at first, but with the support of her employer, and mental health counseling provided by Guidance Center staff, she was able to overcome her anxiety and fears. With the assistance of her Employment Specialist, Elaine Atkins, she settled into the daily routine of her job.

A year into her employment, her illness threatened to regain control of her life. But with her determination to prevail, and commitment to mental health, along with the comprehensive treatment and support services available through The Guidance Center, Leather regained control of her illness and began the process of recovery. She has since returned to her job and has maintained employment with her friends at Goodwill for over two years.

*(Continued on page 10)*