



Strengthening

Our Community in Remarkable Times

2010 Annual Report



COMCARE

A Licensed Community Mental Health Center

*Sedgwick County...
working for you*



Director's letter



Marilyn Cook
Executive Director

Welcome to the 2010 COMCARE Annual Report.

A significant number of the services we and our community partners provide to more than 14,000 individuals in this community are delivered in office-based, traditional settings. However, a growing number of individuals are receiving services in settings other than buildings donning the COMCARE sign. Over the years, COMCARE has made tremendous breakthroughs in the community, placing staff members and services in locations where they can be more easily accessed. This has involved collaboration with a number of community agencies and partners who also share our mission to help consumers reach their full potential. You can see by the data provided in this report that more people sought mental health and substance use services in non-traditional treatment settings than ever before. Our staff members helped individuals in settings such as the jail, schools, the juvenile justice system, various courtrooms, shelters, and throughout the community. And, with more than 200 law enforcement officers now trained in the Crisis Intervention Team model, many more individuals experiencing a crisis were introduced to our programs rather than jail. We are proud of our staff members who continue to work hard to make our services effective, accessible and responsive to the needs of those who benefit from them.

COMCARE has clearly left its mark in the community.

We hope this annual report will help you understand the breadth and scope of our services wherever they were needed.

The Intake and Assessment Center is the primary point of entry for all Sedgwick County residents seeking access to mental health and substance use programs.

In 2010, 8,148 calls were taken by the Intake and Assessment Center. Of those calls, 3,385 face-to-face assessments were completed. Other callers were referred to community resources that better served their needs.

Crisis Intervention Services (CIS) provides mental health emergency and suicide prevention services 24 hours a day, seven days a week to all residents of Sedgwick County.

During 2010, Crisis Intervention Services processed 68,799 phone calls. In addition to telephone intervention, CIS provides face-to-face crisis interventions services; 3,601 individuals were seen in person at the crisis center.

The medical staff for COMCARE of Sedgwick County provides services to eight COMCARE programs. In addition, medical services are provided to COMCARE consumers who are receiving services at the Via Christi inpatient psychiatric hospital and to youth at the Sedgwick County Juvenile Detention Facility.

COMCARE employs nine psychiatrists and 11 advanced registered nurse practitioners who provided medical services to 7,392 COMCARE clients throughout 2010.

The Mobile Crisis Unit (MCU) provides assessment and crisis intervention services to individuals at their home or other locations in the community when determined to be a therapeutic benefit to the consumer.

In 2010, the MCU provided 183 mental health interventions in the community.

Crisis

an emotionally significant event



In July, a man called Crisis Intervention Services (CIS) concerned about his sister Trudy who had stopped taking her medication, eating and paying her bills, and was isolating herself from family members. The MCU met with the family at Trudy's home for an assessment. Trudy appeared disorganized in her thought process, unable to respond to questions or complete a sentence, dangerously underweight, and living in an apartment with no electricity or air-conditioning in severely hot weather. Crisis staff worked with law enforcement and EMS personnel to get Trudy to the hospital for stabilization. When Trudy was discharged from the hospital, she received medication and case management services from COMCARE. With the right supports in place, Trudy was able to resume daily functioning.

Maria is a 60-year-old woman who was referred to the Community Assessment Program for Seniors (CAPS) by her medical doctor due to increased anxiety, sleep disturbances and isolation. Maria had been attacked during a home invasion approximately two years ago. She met with a CAPS provider and was immediately referred for psychiatric services. After beginning counseling and medication management services at COMCARE, Maria was able to be hopeful about the future and begin the recovery process.



Through a grant provided by the Kansas Department on Aging, the Community Assessment Program for Seniors (CAPS) serves seniors age 60 or older who are residents of Sedgwick County and are identified as at risk for mental health issues. Therapists meet with individuals in their homes up to three times at no charge to the individuals or their families.

CAPS staff members visited the homes of seniors 110 times due to mental health issues in 2010.

COMCARE is responsible for screening youth and adults who are being considered for admission to a local inpatient psychiatric treatment facility and/or Osawatomie State Hospital. Persons being referred for admission must be screened to ensure the appropriateness and need for hospital services.

In 2010, 2,094 hospital screenings were completed. Four hundred fifty three youth and adults were diverted from hospitalization and provided with mental health treatment in their community.

The Stress/Trauma Assistance Team (STAT) consists of mental health professionals who are trained in critical incident stress management. A critical incident is any event that threatens a person's sense of well-being and generates extraordinary levels of stress, such as violence in the workplace, suicide, accidental or violent death, and natural disasters.

In 2010, 14 businesses, families, schools and community groups benefited from the Stress/Trauma Assistance Team.

Recovery

the act or process of becoming healthy



Xavier was referred to the Proud of Me program by his school where he had attended pre-school for just two weeks before being suspended for aggressive and threatening behavior, including threatening to kill his peers. Xavier was also demonstrating aggressive and defiant behaviors at home. Since completing the Proud of Me program, Xavier has made considerable progress in treatment and has maintained his attendance at pre-school with no further suspensions.

Children's case management is a community based service that plays a fundamental and critical role in the treatment of children with serious emotional disturbances. The case manager coordinates any services (medical, social, educational, vocational and financial) that are needed to help the child remain in the home and out of foster care and inpatient psychiatric hospitalization.

In 2010, 2,346 children received case management mental health services and a total of 124,910 community based services were provided to these children.

Through the Children's Services program, 38 youth ranging in age from 9 to 17 years old and 18 staff members participated in a therapeutic respite program at Rock Springs Ranch near Junction City in July 2010. The goal of the program was to provide a planned break between the youth and their caregivers to reduce family stress while allowing the youth to participate in a treatment program aimed at building interpersonal, social and emotional skills.

Proud of Me is a program for young children ages 2 ½ to 5 years who have challenging behaviors at home, at preschool or child care, or in the community. The purpose of the program is to provide a supportive environment where children can develop and practice the social, emotional and behavioral skills needed to succeed now and as they grow.

In 2010, 37 children were enrolled in the Proud of Me program.

*Succeed to achieve
the correct or desired result*

Provide

*to give something
wanted or needed*

Drug court programs are designed to achieve a reduction in recidivism and chemical dependency among substance-abusing offenders and increase the offenders' likelihood of successful rehabilitation. Drug court teams usually include a judge, prosecutor, defense attorney, court supervision officer and COMCARE's addiction treatment providers.

In 2010, 243 individuals were placed in the city of Wichita Municipal Drug Court program. These clients are referred by the court based on legal history and history of treatment. Clients tend to be first-time offenders or those without exposure to treatment.

Additionally, 134 individuals were placed in the city of Wichita Municipal Drug Court Probation Program (DCPP). These clients are referred to DCPP by the court based on legal history and treatment history. These clients are generally repeat offenders, those already on probation, or previously unsuccessful in maintaining sobriety following participation in other previous treatment programs.

The Sedgwick County Offender Assessment Program (SCOAP) is designed to address the needs of individuals who have a diagnosable mental illness and who have come into contact with the criminal justice system. Most crimes involved are misdemeanor offenses and through treatment, SCOAP addresses the causes of the arresting behavior to reduce recidivism among mentally ill persons arrested and placed in jail.

In 2010, 264 adults received services from SCOAP.



Prior to entry into drug court, Mary was sleeping from couch to couch, unemployed, and regularly using methamphetamine. Mary struggled mightily during her first six months in the program, battling both her depression and frequent relapses. She received sanctions, including a few short stints in jail, but remained in the program. Mary eventually gained sobriety. At the time of her graduation in September 2010, Mary had nearly a year of sobriety under her belt, had learned to manage her pain without narcotic medications, and her depression had drastically improved along with the quality of her life. She is now maintaining steady employment, living independently, has restored relationships with her adult children, and has regular visitations with her 11-year-old daughter. Mary stated, "I can honestly say that if it wasn't for the drug court program accepting me, guiding me and having faith in me, I would have continued down the destructive path I was on. It gave me confidence in myself that I had lost."



COMCARE is pleased to partner with the Sedgwick County Department of Corrections to provide an 18-month substance abuse treatment program for offenders referred to the Sedgwick County District Drug Court program. This program serves non-violent, felony offenders who are identified as having a drug dependency problem.

This past year, 158 persons were treated in the Sedgwick County District Drug Court program.



When Alan was homeless, Center City was able to connect him to a temporary shelter. Soon after, Center City helped him apply to a permanent housing program, when his ex-wife unexpectedly gave him custody of their 9-year-old daughter. Alan described feeling overwhelmed by anxiety and his homeless status, and was extremely concerned about his ability to care for his daughter. Center City worked as a team to address the family's needs, including case management, shelter, peer support, food, clothing and furniture. Finally, Allen and his daughter were able to move into an apartment, and are now living as a family.



Case management services are provided to adults with a severe and persistent mental illness to help them obtain and learn to use needed community resources in the areas of housing, medical services, financial support, social interaction, education and employment, as well as how to cope with the symptoms and stigma of mental illness.

Case managers in the Community Support Services program served 919 adult consumers providing 23,748 community based services.

Adults with severe and persistent mental illness want to go back to work and school following a disruption in their lives due to their mental health disabilities. At COMCARE's Community Support Services, supported employment and education specialists provide direct assistance to overcome the symptoms of mental illness related to skill and interest assessment, résumé writing, interview practice, career exploration, job placement, workplace accommodations, and other steps associated with returning to work and school.

The success of these attempts is often contingent on the supports offered by trained mental health professionals who can help with a broader range of assistance in job searches, job attainment and, more critically, sustaining employment. This level of support is not available in most job services agencies.

In fact, these services are so critical and considered so uniquely designed for success that the federal Substance Abuse and Mental Health Services Administration (SAMHSA) has produced an evidence-based practice toolkit and technical assistance to replicate it nationwide.

Supported employment services were provided to 322 adults and 164 chose to further their education in 2010.

Assertive outreach is an important component of COMCARE's homeless program - Center City. Center City's outreach team goes to places not meant for human habitation, such as streets and bridges, short- and long-term shelters, abandoned buildings/automobiles, and halfway houses to locate and provide assistance services to homeless individuals.

Center City documented 1,259 unduplicated outreach contacts in 2010, an increase of 25 percent from the previous year.

COMCARE's homeless program implemented the dual diagnosis transitional housing project under a federal Housing and Urban Development (HUD) grant in August 2003. Serving 20 homeless adults who meet program criteria, COMCARE provides consumers with single or family living accommodations with housing and services for up to two years. COMCARE's homeless program maintains an office amid these apartments providing easy access to integrated mental health and substance use treatment while living in the community.

Of the consumers who left the transitional housing project in 2010, 67 percent were able to obtain permanent housing.

Community
a group of people

Recognize

*to give special attention
or notice to*



Recently, a local family traveled to another state to pick up Ali, a family member who had been discharged from an inpatient psychiatric hospital. They brought Ali back to Wichita to care for her and aid in her path to recovery. As time passed, Ali declined to keep taking her prescribed medications, which caused her mental health symptoms to re-occur. The family had learned of COMCARE and attempted to get Ali into COMCARE's crisis intervention services, but she was too paranoid to trust their intentions. The COMCARE Mobile Crisis Unit (MCU) met two Crisis Intervention Team (CIT)-trained Wichita Police officers at the family home. Through the work of the MCU team, CIT team and the family, they were able to convince Ali to be voluntarily hospitalized for stabilization.

COMCARE employs a specialized discharge team that works directly with Osawatomie State Hospital to carry out the most effective and timely return of patients to our Sedgwick County community. This team goes to the state hospital twice each week to participate in discharge planning and to assist the consumer with immediate needs and resources at home following discharge (i.e. housing, food and medications).

A total of 433 COMCARE consumers were brought back to Sedgwick County following discharge from Osawatomie State Hospital.

Similar to first aid and CPR, "Mental Health First Aid" helps those experiencing mental health problems before they can get professional help and support. The National Council on Community Behavioral Healthcare has begun working with centers throughout the nation, including COMCARE, to implement "Mental Health First Aid" to arm the public with skills to help individuals who are developing a mental health problem or experiencing a mental health crisis. The clinical and qualitative evidence behind the program demonstrates that it helps the public better identify, understand and respond to signs of mental illness, thus improving outcomes for individuals experiencing these illnesses.

In 2010, 119 participants completed the 12-hour "Mental Health First Aid" course.

Crisis Intervention Team (CIT) training is designed to educate and prepare law enforcement officers to recognize the signs and symptoms of mental illnesses, and to respond effectively and appropriately to people who are experiencing a psychiatric crisis. Outcomes associated with CIT training include reduced criminal recidivism by mental health consumers and decreased officer and consumer injury rates.

In 2010, 73 police officers were trained. To date, 198 police officers have received CIT training in Sedgwick County.

The Mental Health Court is a problem-solving court with a specialized docket and regular judicial supervision that uses a team approach to improve coordination and communication between the mental health and criminal justice systems. This approach allows for better monitoring of the individual's compliance to mental health treatment and adherence to court orders. Referrals for the mental health court come from the city of Wichita prosecutor's office.

2010 was the first full calendar year for this program. The Mental Health Court served 139 individuals. To date, 21 participants have graduated.

Service

*to be helpful
or useful to someone*

Paul, a veteran who served three tours of duty in Iraq, was referred to the mental health court for diversion by a municipal court judge following his arrest for misdemeanor damage to property. On the night of the incident he was at a party and had been drinking alcohol. Something inside him just snapped, and he knew he needed to get away from the noises and people who seemed to be closing in around him. During a hasty exit he damaged a door at the apartment complex.

Paul reported he was struggling with sleep. He often appeared vacant and expressionless while at the same time reporting that he was angry and depressed. The mental health court collaborated with providers at the Veterans Administration to provide medication management and individual therapy.

Earlier this year Paul completed the requirements set by the mental health court, which included paying restitution for the damaged property. His charges have been dismissed and will not appear on a permanent record.



The impact in Sedgwick County of the Crisis Intervention Team, the Sedgwick County Offender Assessment Program (SCOAP), and the Mental Health Court have combined to reduce the number of persons with mental illness in the county jail from 62 percent of the jail population in 2005 to 47 percent in 2009.

2010 Board of Sedgwick County Commissioners

Dave Unruh - 1st District

Tim Norton - 2nd District

Karl Peterjohn - 3rd District

Kelly Parks - 4th District

Gwen Welshimer - 5th District

2010 COMCARE Administrative Management Team

Marilyn Cook, LSCSW, executive director

Tim Kaufman, MPA, deputy chief, Division of Human Services

Rex Lear, MD, director, Medical Services

Tom Pletcher, LCP, director, Clinical Services

Joan Tammany, LMLP, director, Quality, Risk Management and Compliance

Jason Scheck, LSCSW, director, Crisis Intervention Services

Jody Patterson, LCP, director, Children's Services

Dee Staudt, LMSW, director, Adult Outpatient Services and Addiction Treatment Services

Karen McNally, LMSW, director, Community Support Services and Homeless Program

2010 COMCARE Advisory Board

Judge Richard Ballinger

Deb Eller

Reverend David Fulton

Neil Guthrie

Phyllis Jacobs

Nancy Jenson

Edward Keeley

Treva Lichti

Sherri Luthe

Doug Morphis

Martha Sanchez - chair

Senator Jean Schodorf

Michelle Shaheen

Pat Sloop

Representative Jason Watkins

Douglas Winkley

2010 Annual Expenditures

Personnel/Services \$22,112,152

Contractual/Operating \$ 17,600,440

Total \$ 39,712,592



COMCARE
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