



FSGC annual report
2021

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Thanks to our donors

A year ago, we were told that COVID-19 was peaking and that a return to normality wasn't far off. Unfortunately, the Delta and Omicron variants had other ideas. So, all of us at Family Service & Guidance Center kept our masks on, conducted Zoom meetings and kept hand sanitizer within arm's reach.

Even before the pandemic, a shocking number of young people ages 3–17—approximately 1 in 5—struggled with feelings of helplessness, depression and thoughts of suicide. The COVID-19 pandemic just made it worse, disrupting millions of children's lives. Sadly, the children most affected were those who were already vulnerable due to factors like poverty, racial and ethnic minorities and mental health challenges.

Nevertheless, FSGC's staff members continued to be super heroes, grinding through the pandemic and continuing to provide children, teens and families with the care they needed to face the difficult times. I could not be more proud of each and every one of the dedicated, professional staff at Family Service & Guidance Center.

There were big moments worth celebrating in 2021. FSGC received a two-year, \$4.7 million grant from the Substance Abuse & Mental Health Services Administration (SAMHSA) in Washington, D.C. to break down barriers between mental health care services and children and families.

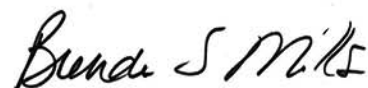
FSGC began planning a new Youth Crisis & Recovery Center. The new residential facility on our Frazier Avenue campus will house services for children and teens who

are experiencing severe mental health crises as well as a substance use treatment program for adolescents who also struggle with mental health challenges. FSGC leadership staff visited numerous treatment facilities in the region and consulted with facility staff. We conferred with our own staff about what the Center would need to help ensure the best possible outcomes for children and teens in our care. It was an exciting process!

I also made the decision that 2021 was an optimal time for new FSGC leadership at FSGC. After 20 years as CEO and 32 total years with this amazing organization, I announced my retirement, effective February 4, 2022. The perception of mental health care has changed so dramatically over my 32 years: It's no longer something to be ashamed of. Society is coming around to the idea that mental and physical health go hand-in-hand.

Kathy Mosher, MS, MBA, took over as FSGC's Chief Executive Officer on March 15, 2022. Kathy comes back to us from Central Kansas Mental Health (Salina, Kan.) where she served as CEO for eight years. She has nearly 30 years of experience in mental health and is well-respected across the state as an administrator and vocal advocate for children. You may remember Kathy from her eight years at Family Service & Guidance Center as a community-based services team leader. Kathy is a rock star, and I hope you'll show her the same unwavering support and respect that you showed me these many years.

Sincerely,



Brenda S. Mills, CPA, FACHE | CEO



from
the
CEO

2021: by the numbers



10,031 children, adolescents and families served



4,848 children, adolescents and families engaged in direct clinical services



5,183 individuals reached via FSGC outreach services like the Happy Bear Abuse Prevention Program, outreach services, preschool consultation services and crisis services



224 FSGC staff members (includes both full-time and part-time)



68 percent of FSGC client families lived at, near or below the poverty line.

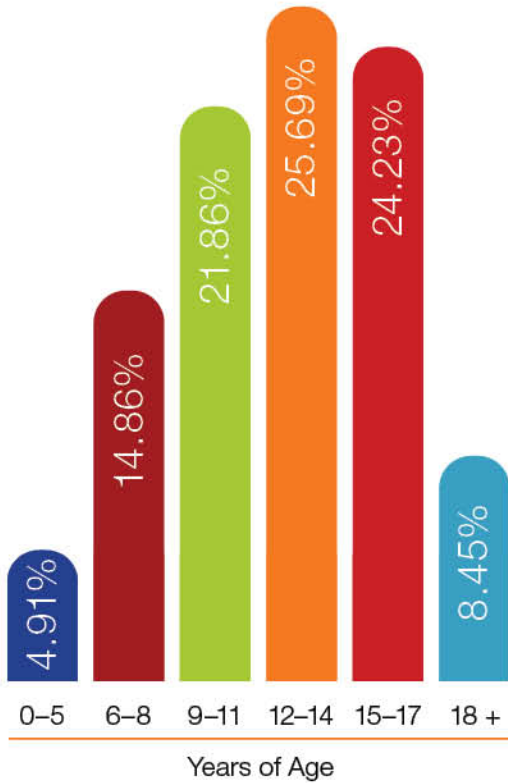


36 FSGC served clients from 36 Kansas counties



3, 4 & 1 Numbers of interns: doctoral, master's-level (social work) and master of psychology

Clients by Age



Top 5 Mental Health Issues FSGC Treated

- 1 Attention-Deficit/Hyperactivity Disorder (ADHD)
- 2 Anxiety Disorder
- 3 Depression
- 4 Trauma
- 5 Conduct Disorder

board of directors

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leadership team



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Director, Quality, Outcomes &
Training



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Director, Human Resources



PAM EVANS
Director, Marketing & Development



TRAVIS FREED, LMLP
Director, Crisis & Recovery Services



ALICIA GUERRERO-CHAVEZ, JD, CHC
Director, Risk Management &
Support Services



COURTNEY LIBERATO
Executive Assistant to the CEO



CHARLES MILLHUFF, DO
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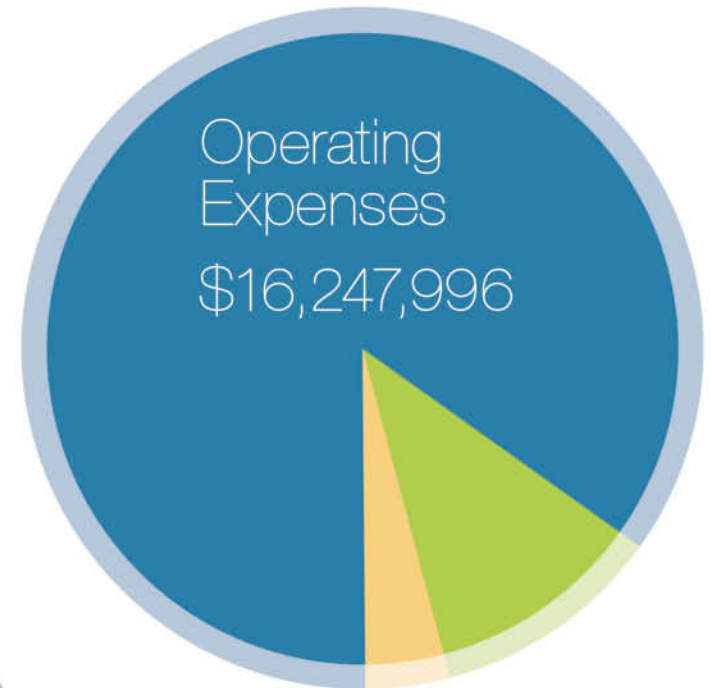
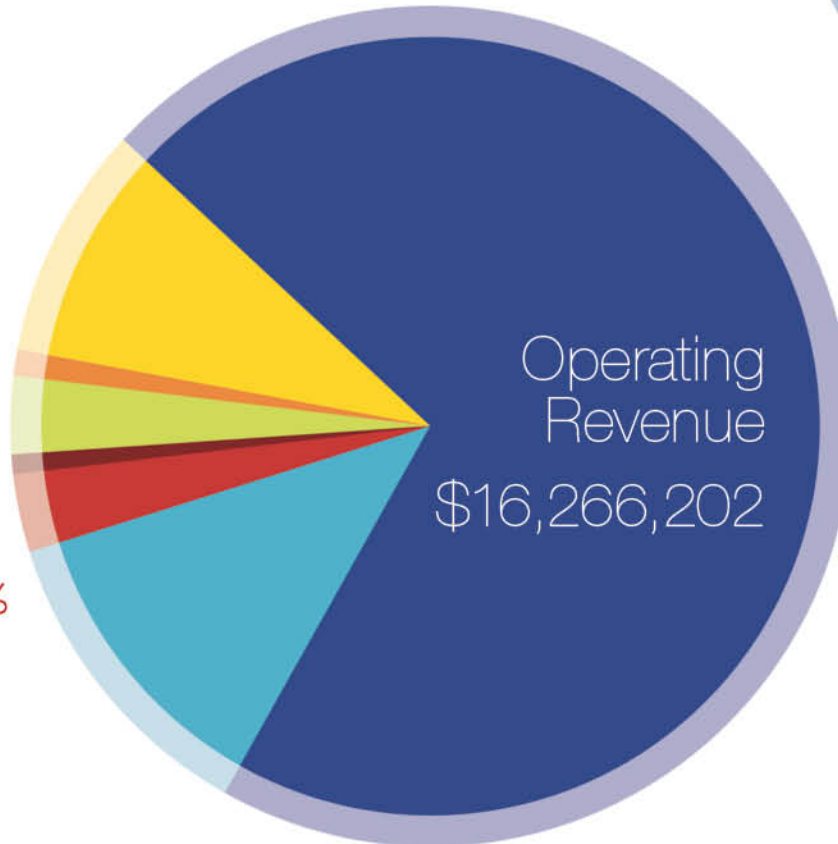
KAREN SMOTHERS, LSCSW, LCAC
Director, Clinical Operations



JENNIE WATSON, LSCSW
Director, School & Community
Services

FSCG financials

- Fee Revenue 71%
\$11,518,061
- Miscellaneous 9%
\$1,500,569
- Contracts 1%
\$209,191
- Grants 3%
(incl. FSGC Foundation)
\$499,777
- Contributions 1%
\$45,063
- County Funding 3%
\$499,996
- State Funding 12%
\$1,993,545



- Personnel 85%
\$13,742,912
- Occupancy 4%
\$719,282
- Operating 11%
\$1,785,802

Mental Health Intervention Team helps high-need kids where they're at

Danielle is a School-Based Therapist with Family Service & Guidance Center's Mental Health Intervention Team, a group of professionals based in Topeka-area schools. One afternoon, Danielle stopped by a student's temporary home simply to pick up paperwork following an initial appointment. Mia, the student, is 13 and had just had her first appointment at school with Danielle. She and her family deal with chronic homelessness and don't have a car or any other means of transportation.

Danielle arrived at the temporary home to find Mia. She had been sent home from school the day before because she had told a friend that she was suicidal. She was told that she could return once she had seen an FSGC Crisis Services therapist.

Without transportation, though, Mia had no way of getting to FSGC Crisis Services. In addition, Mia and her family were distrusting of "the system." Danielle's quick "pick up paperwork and go" visit at the home turned into a two-hour crisis therapy session in her car.

Mia desperately needed help. Danielle assessed Mia's safety and together, they developed a safety plan. Perhaps just as important, Danielle had built the foundation of a trusting relationship with a child and family that were skeptical of "the system."

"This is exactly what I envisioned when developing this school-based team," said Jennie Watson, LSCSW, Director of School and Community Services at FSGC.

The Mental Health Intervention Team (MHIT) is an innovative program established with a grant from the Kansas Legislature in 2018. The goal was to help curb the mental health crisis in schools by placing community mental health center professionals on-site. Participating students are eligible due to behavioral/emotional challenges, difficulty in school and having a high level of need when it comes to family resources.

"These kids don't walk through our front door like most other kids," said Jennie Watson, LSCSW, Director of School & Community Services. "Many of them don't have transportation.

There may be domestic violence or substance use in the home. Some are in foster care. There are a lot of single-parent families and families in which a parent is incarcerated."

Qualifying students can see a therapist at school who can assess the child's needs and make recommendations. Even if the child's family has no insurance, they can participate in individual or family therapy and get a case manager, if they need one. Their clinician will also help them apply for insurance so they can access additional services, like medication and therapeutic groups on-site at their school.

A crucial aspect of the program is the flexibility the MHIT clinicians have. If a child can't get to FSGC for services, FSGC goes to them. Mental health services may be provided at school. If the child isn't at school, the MHIT staff member has the autonomy to leave school and locate the student for their appointment.

"The therapist can go to the child's home and find out why the student isn't in school and make sure they're okay. Then they may hold the child's appointment in the living room," Watson said.

That flexibility leads to MHIT staff members gaining real insight into the student's life. That insight leads to creative strategies for helping the child and their family.

Watson explained, "Once the clinician knows where the child is coming from and sees how their family is functioning, they can develop interventions for the child based on that knowledge. It's a little less traditional, and it can be very challenging, but that autonomy and flexibility means that kids can get the treatment they need where they are and when they need it."

The greatest benefit of the program, however, is that more children and families who need mental health care can get it.

"We're serving more kids and helping more families—not just the ones who can get to get to our offices. We're serving kids who we otherwise never would have met, and that's making a huge difference," Watson said.



Substance use treatment & enhanced crisis services coming to northeast Kansas

Jordan was always tall for his age and lanky. He was also a ball of energy! He was always up for going somewhere and doing something active and fun—so much so that his foster parents had a hard time keeping up with him.

All that energy became harder to control as he got older. When Jordan got angry, he would punch holes in walls and destroy property. He'd threaten friends and family, including his little sister. He once kicked in a window on his mother's car.

His exhausted, frustrated foster parents brought Jordan to Family Service & Guidance Center's Crisis Resolution Program (CRP) several times throughout his childhood and teen years. Over time, with the help of CRP's dedicated staff members, he learned how to make positive decisions and manage his anger without hurting himself or others.

"I liked going (to CRP) because people there cared about me," he remembered. "They were with me and understood me from day one."

Children and teens like Jordan are why FSGC is so excited to share news of the construction of the new Youth Crisis & Recovery Center.

"This facility will be a tremendous asset to our community. It will engage the entire family in their child's healing and divert kids from long-term hospital stays," said Travis Freed, LMSW, FSGC's Director of Crisis & Recovery Services.

The 24-bed, 24,000-square foot state-of-the-art building will house two new FSGC programs to meet urgent needs across northeast Kansas.

First, the Center will house enhanced services for children and teens who are experiencing severe mental health crises. Clients will be able to stay for up to 28 days. The existing Crisis Resolution Program can only serve children for three days. The extended stay will allow FSGC staff members time to treat not just the immediate crisis but also other more deeply rooted challenges the child is living with.

The Center will also house a treatment program for adolescents who live with substance use disorders and

mental health challenges concurrently. Substance use treatment clients will also be able to stay at the Center for up to 28 days. In addition, their families will be closely involved in treatment, outreach and aftercare.

FSGC Director of Clinical Services Karen Smothers, LCSW, LCAC, said, "The new Center is about providing longer-term substance use treatment to adolescents than is currently available. Too many young people are engaging in very risky behaviors. They need a safe place to get the help they need."

Freed explained that both crisis services and substance use treatment would engage the client's entire family. In addition to the child or teen receiving top-quality treatment, their family members will be taught how they can intervene at home or in the community in a way that helps the youth continue to recover.

In addition to 24 client bedrooms, the two-story building will include numerous therapy suites; rooms for meetings and group therapy; spacious commons areas; an education center; a therapeutic activity room; a welcoming reception area; and access to two playgrounds as well as plenty of green space. Construction is slated to be completed in spring of 2023. Total cost of the building will be \$7.9 million.

Perhaps the greatest benefit of the new Youth Crisis & Recovery Center, however, is that children, teens and families will be served in their home community.

"In many cases, the child has to go to a residential facility several hours from home. That can be scary, especially for younger kids, and they become detached from the family. Being served in their local community will enhance their relationships with their family and give them a much better chance at a positive, long-lasting outcome," he explained.

Smothers added, "Lots of young people in crisis or who are using substances alienate their families and others who can play a crucial role in their recovery. The Youth Crisis & Recovery Center is all about repair and regroup. We want the youth and the family to heal and recover together."



thanks to our donors

We are humbled that more than 400 individuals, families, foundations and businesses chose to embrace our kids and families by supporting Family Service & Guidance Center in 2021.

Their generosity and thoughtfulness made life better for thousands of northeast Kansas children living with anxiety, depression, ADHD and other mental health challenges.

Thank you all very much!

foundations & businesses

Absolute Design by Brenda
Academy Sports + Outdoors
Amazon Smile
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ArtsConnect
Bartlett & West
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Blade & Timber
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Cox Communications
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Cumulus Media
Cypress Ridge Golf Course
Diamonds by Design, Dan Brenner
Denny & Associates, American Family Insurance
Dickey's Barbecue Pit
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Sunflower Health Plan
Sunset Nails
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