



FAMILY SERVICE &
GUIDANCE CENTER

FSGC Annual Report 2022



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Thanks to Our Donors



A Letter from the CEO



“We are very happy with our experiences here and will continue to utilize the services as long as needed.”
– Parent of an FSGC client

First, thank you to everyone who welcomed me during my first year as CEO. Starting a new job can be difficult, but you, along with my amazing FSGC staff members, made it a pleasure. Your kindness meant the world to me.

Our country is in the midst of a mental health crisis, particularly among children and teens. More youth are expressing feeling of hopelessness. More are considering self-harm and suicide. More are using illegal and dangerous substances. Nevertheless, dedicated FSGC professionals met challenges head on with innovation and expertise.

Much of 2022 was spent preparing FSGC for transformation into a Certified Community Behavioral Health Clinic (CCBHC). CCBHC is the gold standard of treatment models and includes a high degree of integrated care – both medical and mental health – and coordination between providers at FSGC and in the community. We’re very excited about the positive impact CCBHC will have on the youth and families we serve!

FSGC also established an outpatient substance use treatment program. The program offers services by licensed mental health providers who are also certified in addictions treatment. At the end of 2022, there were 45 youth were being treated through the program. With our integrated approach, a teen can be treated for their mental health challenges and substance use in one location instead of at multiple offices with multiple providers. This program is bridging a broad service gap in our community, and we’re pleased that so many families are taking advantage of this needed service.

Through all the change and challenge that occurred in 2022, I was so impressed with how Family Service & Guidance Center’s staff members viewed challenges as opportunities. Day in and day out, they helped thousands of children, teens and families achieve positive, healthy outcomes in their lives, regardless of the circumstances. Many of those outcomes are included in this annual report, so I hope you’ll keep reading. I think you’ll be impressed, too.

Sincerely,

A handwritten signature in black ink that reads "Kathryn R. Mosher".

Kathy Mosher
CEO

2022 Highlights



- FSGC's Crisis Services prevented the need for psychiatric hospitalization 75 percent of the time, well above the state average in Kansas.
- FSGC added a Substance Use Treatment Program for youth and a tobacco cessation specialist for vaping and smoking addiction.
- Our popular Happy Bear Abuse Prevention Program helped nearly 6,000 children during 155 presentations in 35 schools and 17 preschools across Shawnee County.
- The "Real-World Parenting Series" continued monthly question-and-answer Zoom sessions on important youth mental health topics.
- Over 4,000 teachers and school staff received outreach materials about how FSGC's programs can help their students.
- Important discussions continued among area high school students through the "Suicide: Talk About It, Save a Life" forums. FSGC provided the schools with promotional items featuring suicide prevention resources to distribute to students.
- FSGC added three new Mental Health First Aid instructors who are available to educate our community in what signs to look for in an individual who may be experiencing a mental health emergency as well as how to help them access appropriate help.
- Our Diversity, Equity, and Inclusion (DEI) Committee participated in the Racial Equity Collaborative Symposium at The University of Kansas and provided valuable training to FSGC staff on cultural bias.
- In post-COVID efforts to rebuild our staff:
 - FSGC partnered with area universities to offer 15 internships.
 - Regular staff wellness events provided self-care breaks, like a s'mores break, Friendsgiving lunch and "Christmas movie and popcorn" day.
 - FSGC offered more professional development and training opportunities.

2022: By the Numbers

4,282

Number of unduplicated clients engaged in direct clinical services

33

Number of counties from which we served kids

5,983

Number of kids who saw Happy Bear

136,423

Number of service hours

259

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

6

Average number of new clients admitted by FSGC each day

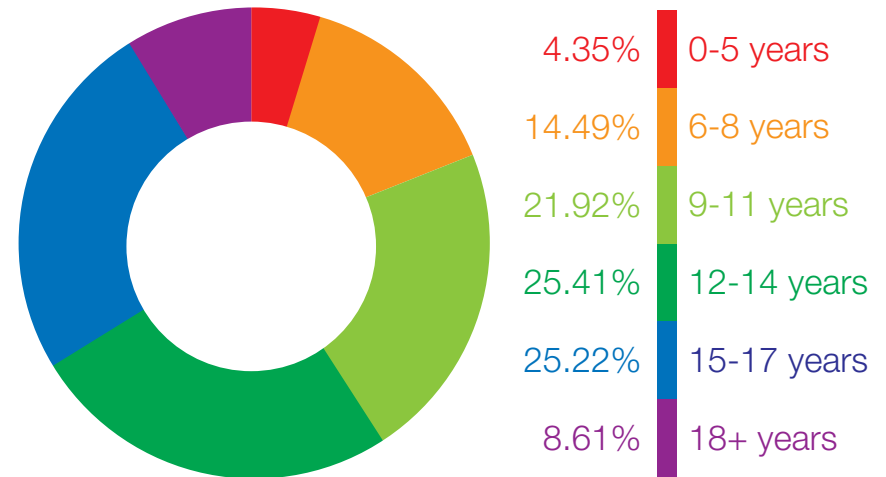
71

Percent of FSGC client families who live near, or at poverty level

2, 3, 3 & 18

Number of interns: doctoral, master's level (social work), master's psychology and bachelor's

Clients by Age



Top 5 Mental Health Issues FSGC Treated

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

Board of Directors

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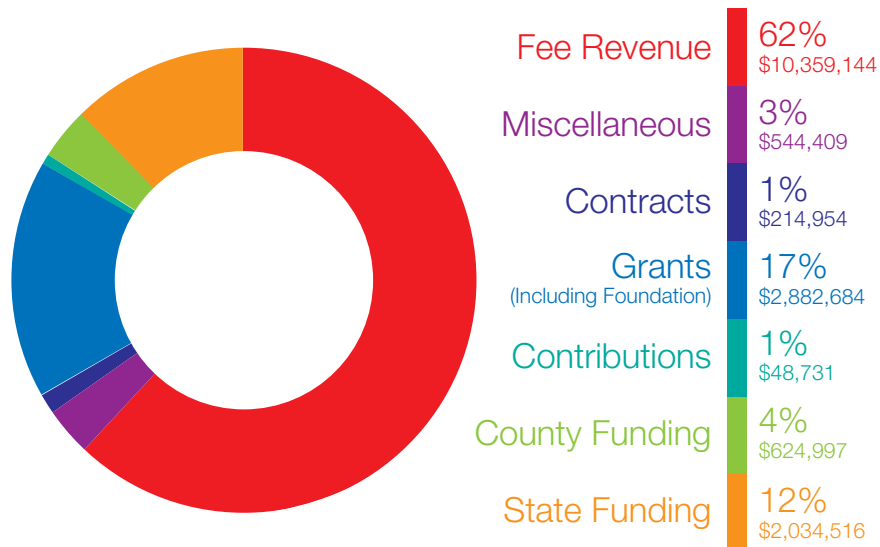
JENNIE WATSON, LSCSW
Director, School & Community Services



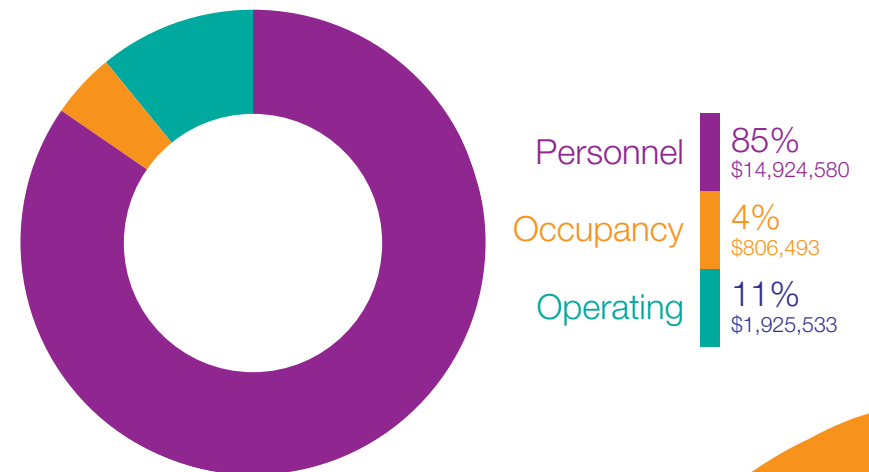
ANNE WERRING
Director, CCBHC

FSGC Financials

Operating Revenue \$16,709,435



Operating Expenses \$17,656,606



Please note: The decrease in revenue was due to losses on investments and staffing shortages.

“If I need more services, I know I can count on FSGC.”
– FSGC client parent

MHIT Program Grows and Helps Topeka Students Thrive

It doesn't matter how good your product is if the consumer can't get to it. That's true of mental health care, too: The world's greatest therapist can't help people if they can't get to their office.

That's the idea behind Family Service & Guidance Center's Mental Health Intervention Team (MHIT). MHIT is a school-based program for high-risk, high-needs students in Topeka schools who could benefit from mental health services but can't get to FSGC's offices. They receive individual therapy and case management services – sometimes at school, sometimes at home, wherever they need it.

The program grew by leaps and bounds in 2022, mainly due to the addition of more therapists and case managers.

Director of School & Outreach Services Jennie Watson, LCSW, said those valuable staff additions meant that MHIT was able to serve many more students who needed help desperately.

“I have never seen that kid de-escalate that fast! Thank you, FSGC! I look forward to having you train our staff to grow our mental health skills.”
– School principal

“We went from four school-based clinicians to nine,” Watson explained. “So, instead of serving four schools, clinicians were serving just two or even one school. Suddenly, more and more students who had been on the radar as needing help were getting therapy and case management services.”

MHIT's results for 2022 certainly bear that out:

- MHIT reached 371 children and teens in need of mental health services who were not already engaged.
- Students with attendance issues who engaged in MHIT services showed a 58 percent improvement in attendance.
- Problematic behaviors improved by 69 percent.
- Academic performance improved by 58 percent.
- Four schools added MHIT services, bringing the number of MHIT schools to 23.
- Three schools added School and Outreach Services social/emotional skill-building groups for a total of nine schools. Across the community, more than 300 children benefited from these school-based groups.

Hundreds of Topeka students are benefiting from the positive momentum MHIT has gained. Watson said that there's still plenty of room for program expansion.

“We'll continue to address barriers to service and access and address those. We'll also keep identifying which schools MHIT needs to be in to reach the most vulnerable kids,” she said.

Another logical step, she said, was finding ways to connect MHIT students with other services Family Service & Guidance Center offers.

“Could they benefit from some of the other services FSGC offers? Of course, but there are barriers,” Watson said. “So, we need to find ways to take services to them. We need to get them through the door, even if it's not a door at FSGC.”

Student Finds Structure and Success with School-Based Services

Jayden is exactly the kind of student FSGC's school-based Mental Health Intervention Team (MHIT) was designed to help.

Jayden (not the teen's real name) struggled to adjust to being a freshman in high school last August – so much so that he was failing every class. His inability to read facial cues and body language caused him to act out aggressively toward others on several occasions. He had received services from MHIT in middle school; however, due to a lack of parental involvement, he hadn't been able to secure the permission he needed to get services at his new high school.

Jayden's threatening behavior resulted in a school suspension just nine weeks into the school year. After an administrative hearing, he was expelled.

He made his way to FSGC a few days later, advocating on his own behalf and asking for services. Jayden reconnected with a therapist he knew from middle school. He told her, "I don't want to go to jail. I've made mistakes, and I'm going to keep making mistakes. I don't know why my brain works this way, but I know getting help is the only way to not end up in jail."

Jayden enrolled in an intensive alternative high school and engaged in therapy and case management through MHIT. A few months later, he's still a work in progress, but his initiative, self-awareness and readiness to improve himself are already paying off.

"He's a straight-A student at the alternative school," Watson said. "When he first started services, we'd see him multiple times a week just to get him stabilized; now he's having therapy and seeing his case manager just every other week.. He still struggles with reading others' cues, but he rarely becomes aggressive anymore, thanks to strategies he's learned through MHIT services. It's really encouraging."

Jayden is already looking forward to a brighter future with the help of the Mental Health Intervention Team.



*“I should bring you Lifesavers, because you saved my life.”
– FSGC client*

Thanks to Our Donors

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Sunflower Health Plan
The Tee Box
Texas Roadhouse
Topeka 20/30 Club
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Topeka Police Department
Topeka West High School Students
TreanorHL
U.S. Bank
Ultimate Bounce
UnitedHealthcare
Washburn Rural
Middle School Students
WestSide Stamp & Award
Ziegler Family Dentistry

“After a tragedy in our agency, FSGC was there for us, helping our staff through a trauma. Thank you.”
– Community partner

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“FSGC has provided so many useful resources and tools to help me and my family for a couple years now. I recommend them to everyone!”
– Parent of an FSGC client

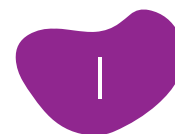
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“FSGC is an absolute blessing to our family. My child feels heard and supported. I am so grateful as a mother to have a place like this for my child! ”
– Mother of an FSGC client

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