



2023

ANNUAL REPORT

FINNEY - KEARNY - HAMILTON - FORD - GRAY -
HODGEMAN - GRANT - STANTON - MORTON - SCOTT
LANE - WICHITA - GREELEY

988
SUICIDE
& CRISIS
LIFELINE

Compassion ~ Accessibility ~ Responsibility ~ Excellence

For Compass, our employees and the people we serve, 2023 was a monumental year, perhaps one of the most exciting in my nearly 30 years with Compass. Compass achieved Provisional Certified Community Behavioral Health Clinic (CCBHC) status in July 2023 with the plan to be fully certified in July 2024. With this came what is best described as an “explosion” of growth in staff hiring and services in our area.

- 25% growth in the number of staff in employment with Compass – **275** to date
- 45.37% budget increase for 2024 over 2023 -- **\$23M** for 2024
- Financial opportunity and stability to increase wages to market value and recruit, retain, and properly train staff to feel confident to provide services which translates to better services for those in need
- 8% increase in the number of people served, with an 11% increase in actual services in 2023 over 2022
- Continued 85% Psychiatric Hospital Diversion rate, only 8% going to Larned State Hospital
- Addition of increased Mobile Crisis services via a Grant from KDADS
- Extra live/in person check in with people post crisis via this same Grant
- Mobile outreach with Garden City Police Department, to be expanded in 2024 with Funds awarded by the City of Garden City Commission
- Promotion of 988
- Growth in Competency to Stand Trial Evaluations to include Competency Restoration to aid our local Law Enforcement, Jails and the Court system
- Perhaps one of the most significant and challenging was implementing Open Access – people no longer have to have an appointment to initiate services at Compass, they can just walk in and be seen
- Increase presence in community engagement opportunities with invite to present to any business on any mental health issue free of charge. We are here to spread the word and knowledge of emotional wellness. As our tagline states:

Healthy Minds. Healthy Lives. Healthy Communities

- Opening of an Adult Crisis House in addition to our Children’s Crisis House – if we cannot have access to Adult and Youth Inpatient Psychiatric facilities in SW Kansas, we will build our own services

In 2024 we will conduct several Community Needs Assessment sessions to hear directly from people/organizations in attendance what Compass can do to better meet the needs for our geographic area. If there is a need, we will work to fill it. We are a very innovative Agency with caring staff who want to see others thrive.

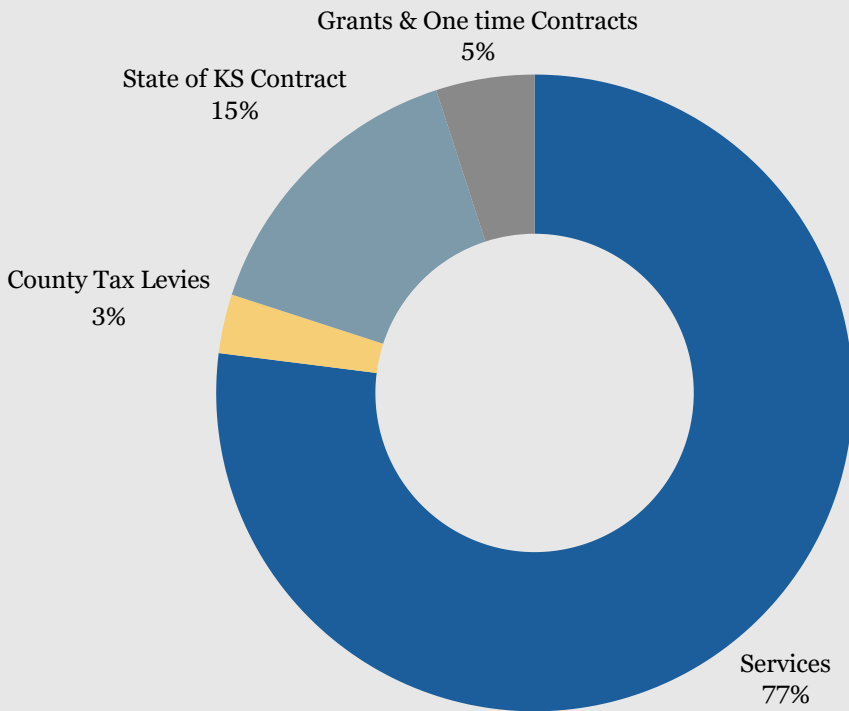
Serving as the Executive Director of Compass Behavioral Health is a great honor.



Lisa Southern, LMLP, LCP

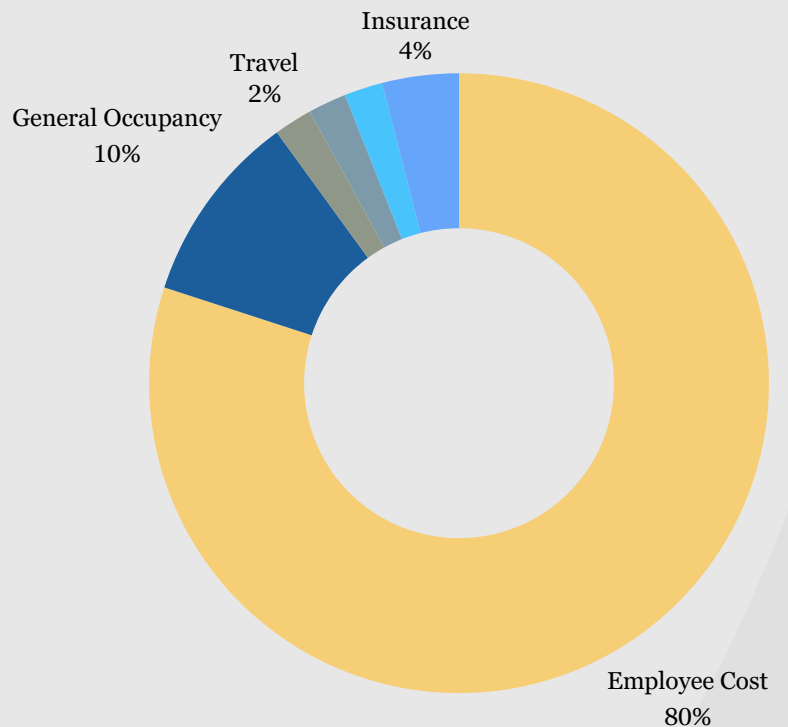


2023 Compass Revenue



Charity Scale / Fee Adjustment
2023
\$1,119,003

Employee Cost \$13,939,411
General Occupancy \$1,796,208
Insurance \$335,755
Travel \$252,025
Contractual \$426,732
Depreciation \$670,195



TOTAL # OF CLIENTS SERVED 5,662

8% INCREASE OVER 2022

2,685

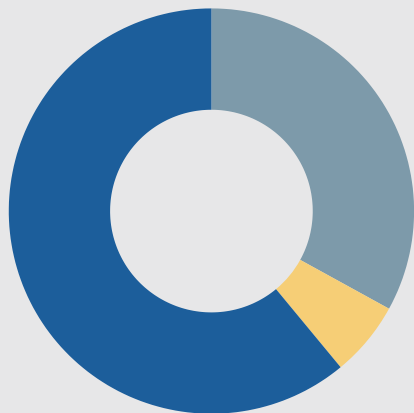
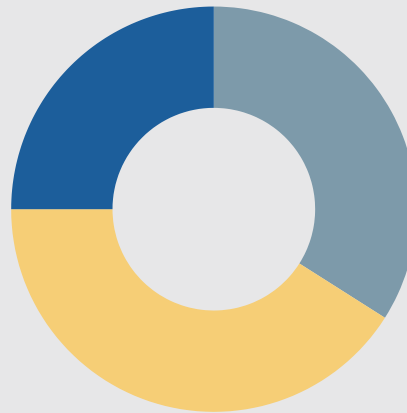
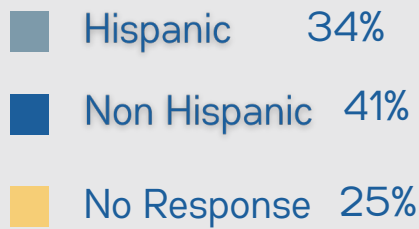
MALE

2,959

FEMALE

18

TRANS/GENDER
VARIANT



TOTAL # OF SERVICES: 128,220

11% INCREASE OVER 2022

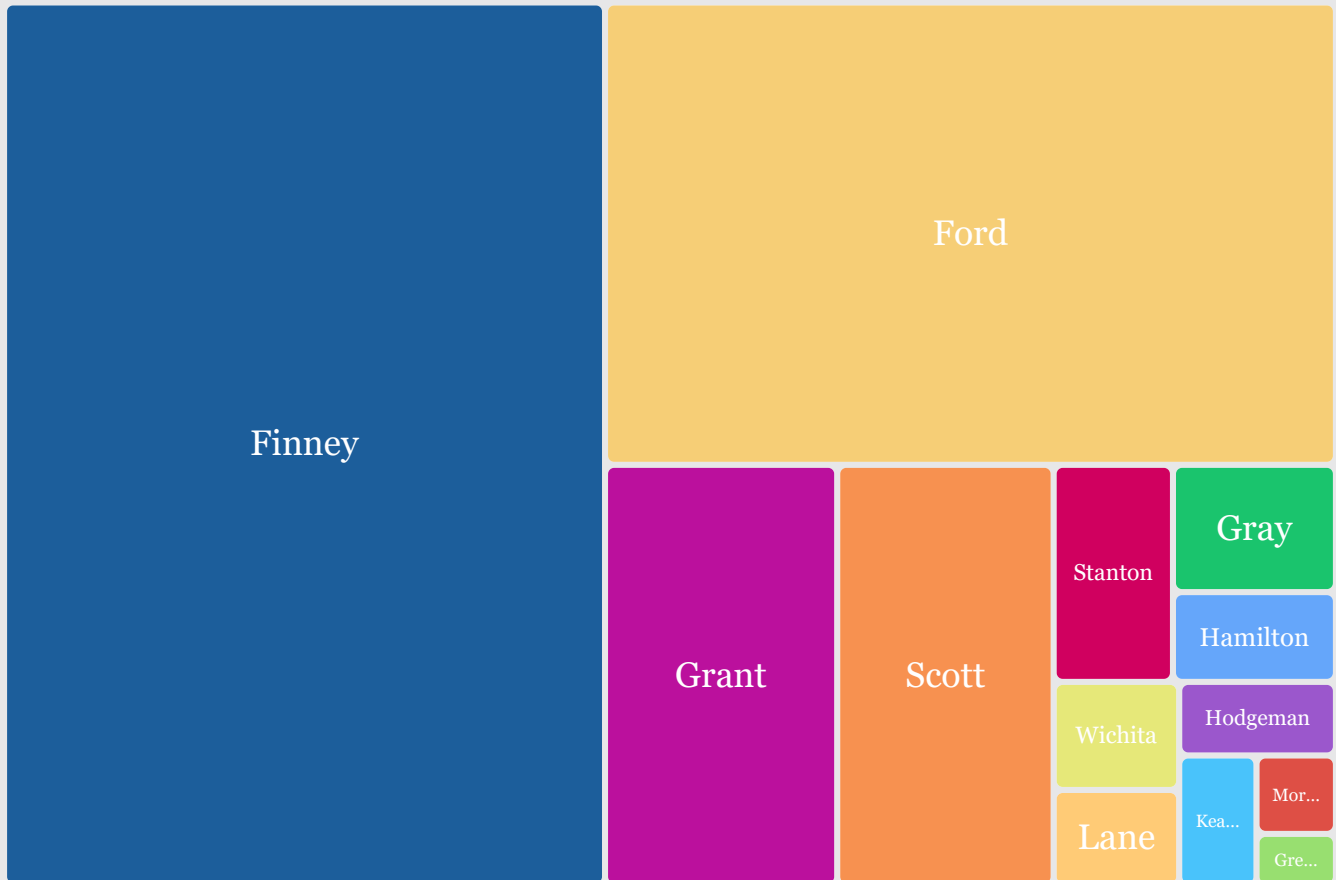
4% OF SERVICES WERE TELEHEALTH

CCBHC

Certified Community Behavioral Health Clinic



2023 Services By County



1,848 Crisis Services

939

Child/Teen

909

Adults

85% HOSPITAL DIVERSION RATE

11% OF CRISES INVOLVED LEO ASSISTANCE

8% OF ADULTS SEEN IN CRISIS WENT TO LSH



From Crisis to Care

30 year old female brought to the ER by Law Enforcement around Midnight, one Sunday night. She had overdosed on Fentanyl and her father found her in the bathroom, believing she may be dead. She had attempted inpatient substance use treatment many times and kept returning to drug use. We could not get her an Assessment for Drug & Alcohol Rehabilitation at this particular time/day of the week. Her Dad agreed to take her home and to follow up at Compass on Monday. This person presented at Compass with her dad as arranged and we were able to secure a bed for her at a rehab clinic. Her father took her to rehab and we gave her father some Narcan to keep at his home should this happen again as we know that relapse is quite common. He understood that should she overdose, this could allow him to save her life. While in treatment, she was placed on Suboxone and did her post discharge follow up with Compass. The road to recovery was not easy by any means. She secured a job, paid money to a co-worker to transport her to / from work, saved money to get her own apartment, is now allowed by DCF to visit her children, started going to church, and attends NA twice weekly.

2023 STORIES



Where you go we go

Compass Case Mangers, Michala and Ashley, went together to the river to look for a person we serve as a her father had called Compass to report that the family had not heard from her in awhile and we too had not seen her for a couple of weeks despite many attempts to reach out to her. This person that we serve suffers from chronic pain due to injuries she suffered while serving in the military. When the pain is intolerable, she tends to self-medicate with Methamphetamines. She has mentioned before that when the pain is so intense, she does not care if she would die from a meth overdose. Michala and Ashley did not find her at the river and instead decided to go to the local library and she was found there. After we talked to her and she assured us she was safe, we created a plan for her to resume services. This person did call us the next morning so we could work on finding her some housing.

Mobile Crisis

Many times at Compass several people in crisis arrive at the same time. Max was working with someone in crisis, finalizing a Safety Plan when another person arrived to be seen. Max approached her in the Waiting Room and advised her he was finishing a session with someone else and would be back to get her soon. The person was upset that she was not seen immediately and left. Rather than call 911 and ask Police to do a welfare check, Max asked Law Enforcement to accompany him to the home and be present if needed. The person to be seen was female and our male therapist did not want to make her uncomfortable by showing up at her home unexpected. We were able to provide a service to her at her home and engage her in continued treatment.





We know no Monday - Friday 8-5

Compass arranged for a young woman to be hospitalized at a psychiatric unit in Salina. Our staff accompanied her to the local Emergency Room for the medical clearance required for admit. Several hours later final admission approval was given. Compass staff drove this woman to Salina, arriving at around midnight and staying with our person while 2 other people arrived ahead of us were admitted. Our staff did not leave the Salina hospital until 3 AM and we arranged for her to stay in Salina at a hotel, get some sleep and come back safely the next day.



Persistence Pays Off

25 year old female who moved back to Garden City from the west coast and seen in the ER by Compass on a Sunday afternoon.

She presented to the family as manic and had been smoking marijuana heavily since moving to the west coast. She was observed to be rather manic and reported psychotic symptoms. She was not expressing any thoughts of harm to self or others so we could not get her admitted to a psychiatric unit. Family was frustrated and not comfortable keeping her in their home. One family member agreed to take her to her home and we arranged to see her at Compass the next day to work on getting her back on her psychiatric medication.

Arrangements were made for her to see our Psychiatric APRN the following day. She failed to show for that appointment. Our Care Coordinator called her multiple times, finally reached her and our nurse practitioner was able to still see her later that day. She had missed the appointment as she was out applying for jobs, one of which she later secured. Weeks later, she was doing much better and maintained her employment. She continued with us for therapy, medication management and CSS services.

ART incorporates a combination of techniques used in many other traditional psychotherapies. ART works directly to reprogram the way in which distressing memories and images are stored in the brain so that they no longer trigger strong physical and emotional reactions.

Accelerated Resolution Therapy, often referred to as ART, is a form of psychotherapy with roots in existing evidence-based therapies but shown to achieve benefits much more rapidly (usually within 1-5 sessions)

Adult female who came in for therapy due to childhood trauma, being bullied so severely in school that even as an adult, she found it extremely difficult to return to her hometown to visit her family and friends and was unable to go to her previous school to see her sibling's extracurricular activities due to the negative physical responses she experienced due to the bullying from peers when she was in school. We completed one session of ART and when she came back for her next session, she reported that she was not only able to go see her family but she went into her old high school and did not have any of the negative physical symptoms she had before, stating it did not bother her at all to be there.

12 year old child seen for crisis many times in the past due to four documented suicide attempts starting at age 5. She reported being severely abused by her mother's boyfriend, who is a registered sex offender. We completed one session of ART and she reports no longer experiencing the physical symptoms she was experiencing when she thought of her past trauma and she shared her thoughts of her trauma were not constantly replaying in her mind all of the time, stating she rarely thought of them at all anymore. She has not had any further suicide attempts since her ART sessions.

Adult male who has been in traditional therapy off and on for 7 years or so, and agreed to try ART. We did an ART session on a Friday, and he said he was able to go into the public Sunday without having any hesitation—before he needed to always have his therapy-assisted dog with him. His agoraphobia is practically gone, his depression has reduced significantly, and he is able to trust others none of which were possible before ART.

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Vacant Morton County				

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