



Our mission is
Everywhere

ADULT & child
2014 Annual Report

Bob Dunbar - Retiring CEO

I have been privileged to witness and participate in the evolution of this country's mental health and addiction system beginning with passage of President Kennedy's Community Mental Health Act of 1963 authorizing federal funding to construct community mental health centers.

As I compare the "early" days with today, it is obvious that the community mental health system has made great advances. Evidence based practices have been ingrained in the culture of Adult and Child Center and are increasingly available throughout community mental health centers. In the past, people with serious mental illness were confined for years within large state operated mental illness hospitals with little, if any, hope for "recovery". Today, the vast majority of people with serious mental illness are served within communities with the realistic expectation that they will recover from their illness and accomplish their life goals.

Adult and Child has for many years given priority to serving adults with serious mental illness and children with serious emotional disturbance. Increasingly adults with serious mental illness and children with serious emotional disturbance are provided a continuum of care that includes behavioral and social supports and services as well as integration with primary medical care.



**4 of the
10
leading
causes
of
disability
are
related
to
mental
illness**

Sue Collins - Board Chair

After 20 years of agency and industry leadership, Bob Dunbar has announced his retirement. His departure leaves a legacy of innovation and remarkable agency advancement in meeting the needs of people who experience serious mental illness.

Through his tenure of leadership, Adult and Child Center has grown from 60 employees to 550 employees and an operating budget of \$32 million. A&C has led the industry in the implementation of evidence based practices and the development of new service lines which focus on supporting the needs of mental health and child welfare consumers in unique and effective ways.

In fall of 2014, A&C's Board of Directors launched a national CEO search and we are confident Mr. Allen Brown is the very best person to lead Adult and Child Center into the future, to continue the expansion of high quality services, and to further our mission to be partners in health, inspiring hope and well-being. We wish Bob much happiness and success in his continued journeys.



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1 in 4
Americans
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mental
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Less than
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will get
help

Allen Brown - Incoming CEO

A&C's Board of Directors have appointed Mr. Allen Brown to succeed Bob Dunbar, who is retiring after 20 years as CEO. Mr. Brown comes to A&C from Unison Behavioral Health in Georgia-a \$20M non-profit community behavioral health organization serving 6,000 individuals annually through mental health, addictive disease, supportive housing, supportive employment, and developmental disability services. Allen's vision and passion for providing community-based behavioral healthcare services have been instrumental in Unison's success since he joined the company as CEO in 2011. During his more than 25 years of experience, Allen has placed a high value on the use of technology, performance metrics, and organizational best practices to improve treatment quality and efficiency.

Allen's professional career began as a Licensed Marriage and Family Therapist and he later made the transition into executive management through positions with Cigna Behavioral Health, Magellan Healthcare, and Colorado West, Inc. Most recently in Georgia he served as Vice Chair of the Georgia Information Technology Consortium, an organization of 8 non-profit behavioral health agencies who collaborate in the use of healthcare technology. He is the former Chair of the UserVoice Steering Committee, the national users group for Qualifacts, Inc. Allen is a graduate of the University of Texas at Arlington and holds a Master's of Science in Social Work.



**227,000
adults
&
71,000
children
in
Indiana
live with
serious
mental
illness**

Exciting Corporate Partnerships & Affiliations



Adult and Child Center is very excited to announce a formal affiliation with Community Health Network to focus on the further development of high quality integrated primary and behavioral health care and increasing access to behavioral health care on the South side of Indianapolis. This partnership builds upon a long standing and very positive working relationship between A&C and CHN and is sure to enhance the quality of care for our consumers.

“Collaboration and integration is key for true healthcare reform. We’re excited to work with these community partners to improve mental health services in Central Indiana”
- Allen Brown



As Accountable Care Organizations continue to develop, hospital networks are growing increasingly interested in developing high quality networks of specialty care outside of their hospital walls.

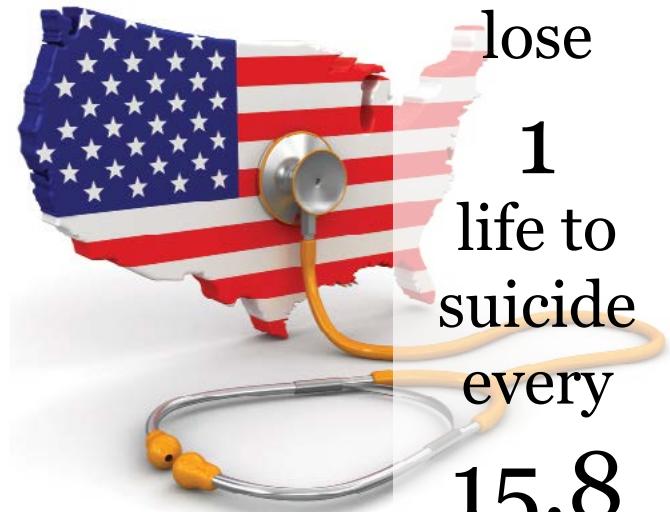
A&C is well known as a preferred provider of quality behavioral health services and is proud to have recently become a provider under of the St Francis Health Network, increasing access to quality care.

National Concern

1 in every 4 adults will experience mental illness in any given year; but fewer than 30% of those who experience symptoms seek help. Additionally, 4 of the 10 leading causes of disability in America are related to mental illness.

Our society struggles with stigmatizing people who experience mental illness. Stigma often prevents people from seeking treatment. Lack of mental health treatment can lead to divorce, domestic violence, child abuse, suicide, homelessness, unemployment, substance abuse, and a host of serious and chronic health conditions.

In 2007, the suicide rate was 11.26 per every 100,000 people and it has been trending upward since 1997. There were nearly 35,000 suicides reported in across the USA in 2007; roughly equal to the entire population of Richmond, IN.



Nationally,
we
lose
1
life to
suicide
every
15.8
minutes

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Local Response

We are experts in guiding our consumers through the mental health recovery process. Adult & Child staff are uniquely trained to support adults, children, and families using a Trauma Informed Care approach to evidence based services delivery.

- Psychiatry and medication monitoring
- Individual, family, and group therapy
- Skills development services
- Supported employment services
- School-based mental health supports
- Community based treatment teams
- Critical Time Intervention programs
- Programs for homeless adults; including veterans
- Disease self management education
- Primary & Behavioral Health Integration
- Use of peers as recovery partners
- Use of evidence based practices
- Consumer centered treatment planning
- Home based family reunification and preservation



Adult
& Child
Center
provided
246,299
hours of
direct
care to
over
5,600
Hoosiers

Foster Care

When children are removed from the care of their parents and temporarily placed in a foster home, nurturing foster families are a critical alternative to residential care settings. These foster families are trained and supported by Adult&child staff to provide a safe and caring temporary home while biological parents work toward reunification with their children. Adult and Child Center encourages diversity when licensing foster families and can typically fully license a motivated home in 2 months.



School Based

Early identification, prevention, and intervention are critical when dealing with behavioral health concerns in children. Adult and Child Center is currently working alongside teachers in over 100 area schools to ensure rapid access to behavioral health services for children and their families. These professionals are specifically trained to support children in an educational setting, they are respectful of confidentiality issues, and they often “bridge the gap” between the student, their family, and the educational system.



WRAP

In recent years, the State of Indiana has developed programs designed around the early identification of mental illness in children and the early prevention of child abuse in families. Designed to serve children in their community, these valuable initiatives allow eligible children and at-risk families access to much needed community based mental health and social support services. This includes Money Follows the Person, Children's Mental Health Initiative, and Children's Mental Health Wraparound programs.



R esidential Support

We are known for our strong clinical expertise, our use of evidence-based practices, and our strength in delivering trauma-informed care. We have developed partnerships with residential care providers in which our highly trained clinicians work side by side with residential technicians to optimize the treatment environment for youth who experience behavioral health challenges. This partnership also expands the continuity of care available for youth and families once the child is healthy enough to return home.



H ome Based

Typically utilized by families involved in child welfare services, this program provides supports intended to both preserve an “at risk” family and reunite a separated family. Providers typically meet with families in their homes and each family is “wrapped” with a full array of supports based upon their unique strengths, needs, and goals. Adult and Child providers work with families to achieve their goals and often provide a direct line of communication and advocacy between the Department of Child Services and the family.



C hild Intermediate

Part of building a strong behavioral health program is developing a full continuum of care which fits the ever-changing needs of each patient. Child Intermediate services provide a more typical outpatient-like service designed to both prevent a more intensive placement and provide a step down from more intensive services. These services are provided in an office setting and are often brief in scope and duration.



H_eartfelt Health Alliance

This team of behavioral and physical health care providers integrate the delivery of person-centered holistic health care. Nationally, adults with mental illness die 25 years younger than the general population. This program is designed to help people who experience co-occurring mental illness and chronic diseases like Diabetes, Asthma, COPD, or Hypertension to live longer, and healthier, lives. This project is currently supported by SAMHSA.



H.O.P.E.

HOPE is built upon the idea that, with education and support, consumers know how to best manage their illness. Through a combination of Illness Management and Recovery (IMR), Wellness Recovery and Action Planning (WRAP), and chronic disease management, adult consumers learn about their illness, gain confidence in managing their symptoms, and work with their peers to experience the joy of recovery.



T_{ra}nslitional Living

Our Transitional Living program provides support for adults who experience mental illness and are able to live and work in the community with minimal support. Consumers typically live with a few peer roommates and have regular contact with staff, but live mostly unsupervised in their homes. As they begin to experience success in their lives, they are able to reduce or eliminate the frequency of staff support while remaining in their home with their established support network in place.



Community Treatment

Based upon an adapted Assertive Community Treatment model, these teams provide community-based support to adults with serious mental illness. The teams are uniquely trained to deliver evidence based practices which have been proven effective in helping this population experience recovery from mental health and substance use disorders. Staff work collaboratively with homeless and emergency shelters, physicians, health care networks, job training programs, and other community resources.



Critical Time Intervention

Funded by a PATH grant, and in partnership with Wheeler Mission, this evidence-based practice engages individuals who show signs of mental illness and who currently experience homelessness. The program staff are embedded in the operations of Wheeler Missions and actively work to identify and engage symptomatic individuals in services. Once engaged, the CTI team will spend 6-9 months working with the individual to access health care, stabilize medications, secure housing, and seek employment.



JobLinks

A supported employment and Ticket to Work provider, JobLinks works with unemployed individuals to identify and achieve their personal employment goals. Specializing in serving people with a variety of disabilities, JobLinks staff have developed a unique approach to employment and a network of employers who look to JobLinks for strong employees. Services often include job training, placement assistance, job coaching, soft skills development, and post-placement support.

Feature Program - Integrated Care

Adults who experience serious mental illness and a chronic disease, like asthma or diabetes, die 25 years younger than those without a serious mental illness. In addition to the higher death rate, this population represents roughly 5% of the US population, but consumes roughly 50% of the medical expenses.

Integrated primary and behavioral health care has proven to be a highly effective method of helping patients with co-occurring disorders better self-manage their diseases and could impact the early mortality rate.

Adult and Child Center has operated an integrated care clinic since 2008 and is dedicated to the integration of care because we have seen the remarkable impact this model has on our consumers' population health.

In a 2013 MDWise poll, the average cost per member per month for participating consumers was \$1,313 prior to integrated care and dropped to \$407 post integration.



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Integrated care reduced per member medical costs by 69% among high cost utilizers

Feature Program - Foster Care

Adult and Child Center has provided therapeutic foster care since 1985 and currently supports over 100 foster families in Central Indiana. Foster care is a critical service. It gives traumatized children a safe place to heal while they work through the emotionally charged experience of being removed from their biological home.

A&C serves the diverse needs of youth in foster care by closely matching them with foster families who meet these needs. The average age of youth placed in our Foster Care program is 7-12 years old. They typically stay for 12-18 months before being reunited with their biological family, being adopted, or being moved to a permanent living situation.

Foster care requires a great deal of community support; either through direct fostering, respite care, or ancillary supports. For more information about foster care, please visit IndyFosterCare.org.



A&C
foster
families
provided
46,589
safe
nights of
care to
Indiana
foster
kids

Our Professionals

Adult and Child Center cannot say enough great things about our staff. We work very hard to encourage a supportive and collaborative work environment. Our corporate mission is based upon teaching and supporting our consumers. Adult and Child is proud to actively teach and support our staff in a similar fashion. Through tightly knit clinical work teams, on-going evidence based practice support, and commitment to our mission, our providers are well-equipped to assist our consumers in meeting their treatment goals.



Erin Moore
Employee of the year

Mrs. Erin Moore is an Associate Director of Child and Adolescent Services. She was elected by her peers to be the Employee of the Year for her dedication and expertise around data management and the implementation of our Electronic Health Record. Congratulations Erin!

Strive for Excellence is an Adult and Child Center staff recognition program. These staff were elected by their peers for embodying our mission in their daily work.



Jennifer Ridge



Lori Groce



Lee Back



Kim Milburn



Randy Dewell



Amy Snyder



Debby Henderson



Beth Lubbe



Karen Cox



Mary Long



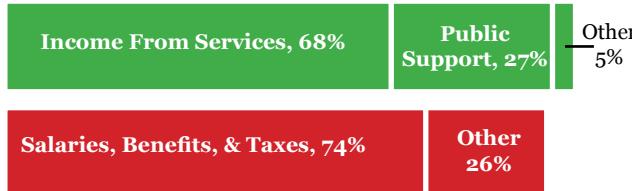
Joyce Briggs



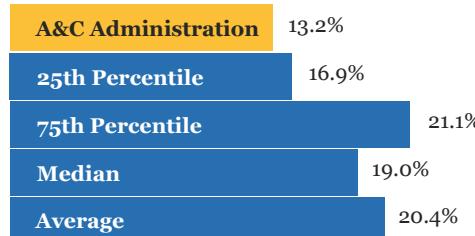
Stewart Meadows

Financial Performance

A&C's Revenue and Expense Breakdown



A&C's Administration rate compared to other Indiana Community Mental Health Centers



Revenues	Amount
Net Revenue from Services & Per Diem	\$21,069,355
Public Support Revenue	\$8,511,109
Other Operating Revenue	\$1,326,726
Total Revenues	\$30,907,190

Expenses	Amount
Salaries and Benefits	\$22,475,070
Client Related Expenses	\$345,361
Other Expenses	\$7,531,470
Total Expenses	\$30,351,901

Net Income from Operations	\$555,290
Net Income from Non Operations	\$1,072,596
Net Income for mission	\$1,627,886

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Special thanks to:

