



CREATING HEALTHIER LIVES

ANNUAL REPORT 17-18



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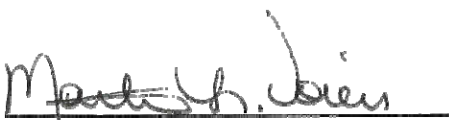
Creating Healthier Lives is not only the focus of our capital campaign for Comprehend's new medical office building, but it is also a way of conducting business for Comprehend. Improving mental health in our communities has been a goal for many years. As we look to the future, in 2018 we began a project that will allow us to integrate both mental and physical health for those we serve. As an integral partner in the communities we serve, Comprehend, at 51 years, is the region's longest sustained behavioral health provider serving the Buffalo Trace Region.

Comprehend, Inc.'s 2017-2018 year consisted of many positive contributions to the communities we serve including:

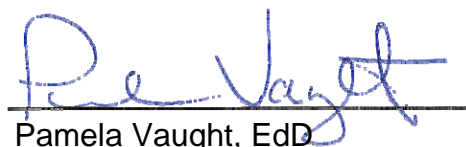
- The successful opening of The January House, a sober living facility that expands the continuum of care in our region
- Obtained funding and began construction on the new Harriet Hord Cartmell Medical Building
- Enhanced services to individuals/families with substance abuse issues and at risk children by adding KSTEP
- Increased our workforce to the highest capacity ever with 190 employees
- Launched tele-psychiatry for Lewis County to better serve the clients and provide continuity of care
- The Bridgeway Day Training Program added a sensory room with essential fragrance smells, lights and sounds of an aquarium and beach scenes as part of their programming

As we look at the past year, the continuous effort has been to meet the needs of the communities and individuals we serve. As the Regional Community Mental Health Center and the only comprehensive behavioral health provider in the Buffalo Trace region, Comprehend is committed to continual growth in both service and quality of care. At Comprehend, Inc. we believe service to those in need of behavioral health care is what we do best and we are committed to recognizing Behavioral Health matters!

Looking to the future, Comprehend is poised to continue leading the initiative for improved, sustainable, and innovative behavioral healthcare for our communities. We recognize that needs change and we will continue to be on the forefront and leading those changes. We welcome you to visit our new building slated to open summer of 2019 and see the expanded services it will include. Comprehend, Inc. is your community source for mental wellness.



Martin L. Voiers
Chairman Board of Directors



Pamela Vaught, EdD
President/CEO

INTELLECTUAL & DEVELOPMENT DISABILITIES PROGRAMS ARE STRIVING TO "CREATE HEALTHIER LIVES FOR ALL THE PARTICIPANTS WE WORK WITH"



For the last two years, one of our main goals in all programs is to promote a healthier lifestyle. We started by offering better choices in the homes by providing more fruits and vegetables to eat, instead of cakes for snacks.

Exercising has also been a priority. There have been goals set for most participants and added to their Plans of Care. The exercises are customized for each person and what they like to do. We also require each person to have a dental and physical exam each year, with recommendations for other medical preventative testing. Most participants also get Flu and Pneumonia vaccinations as recommended by their primary care doctor. Each participant is required to have a Health

and Wellness class annually.

One of our big goals has just been met; we now have a new "Sensory and relaxation area". This area will continually change and progress. Right now, we have Aquarium and Beach DVDs. We also have a big array of oil scents for aromatherapy. We also have lights of different sorts. We plan to add tactile items, such as sand and stress balls.

The following are current activities and outcomes;

- ◆ We have had 11 participants join the YMCA and 5 more pay for each visit.
- ◆ Participants visit the local parks to walk.
- ◆ We have a daily exercise program each morning. Points are awarded for participation. The person with the most points at the end of the month receives a \$10 Walmart Gift Card.
- ◆ We have a Wii Fit for participants to use and they love the dancing program.
- ◆ Yoga has been added each week for participants with a certified instructor.

We continue to expand with new and innovative ideas.

JANUARY HOUSE: "GIVING ME A PLACE TO BE"

H began dabbling with marijuana at age 9. Because of tooth pain his grandmother would give him pain pills starting at age 11. H soon began creating pain needs to get more from her. His drug use continued and states that he enjoyed anything that helped him not think about him and his life. His drug use continued with cocaine and then to whatever he could get.

H has suffered from depression most of his life beginning around his teen years. The depression has been so severe that he has attempted suicide 3 times. The last attempt was a gunshot to the head which caused permanent physical disability.

His problems with law enforcement and incarceration began in 1999 and continued through 2017 with 32 different arrests.

Since coming to January House in February 2018 H has worked diligently at maintaining his sobriety. When he entered January House he was unsure of himself and found it very hard to accept compliments as he began to achieve his goals. He also found it hard to deal with his emotions as previously when



emotions occurred he would use a substance to get away from them. This was one of the hardest areas for him and he would constantly question himself and how he reacted to any emotions he felt. H states that this is still a battle for him at times.

As he began attending NA meetings and IOP sessions we began to see the positive changes begin. H attended IOP 3 times per week and NA meetings at least 3 times per week, sometimes going to meetings outside the area. He has now completed the IOP program, finished all his parole requirements, paid his fines and regained his driver's license. H states that this is the first time in 9 years that he has been totally out of the legal system.

Staff at January House have seen such a change in H's life and it is truly remarkable. He is daily gaining confidence in himself and has been a tremendous help within the facility, he almost always has a smile and is very encouraging to other residents. He will tell you that sobriety is a daily battle and his strength comes through his faith.

H has applied for and been interviewed by a local rehabilitation center for a position as a peer specialist. The possibility sounds very promising.

When asked if being at January House has helped him he states, "I can't say if I would have or not have remained sober if I were not here, but, this program has been a big help by giving me a place to be that was for the most part away from the negativity, and helping me keep my goals in sight. At times there was so much I had to do all at once that I felt it was too much, but they helped me to organize and prioritize. They kept reminding me of all I was accomplishing in what was really a short time period. The encouragement and being treated with respect is something I have never had".

LIFE CONNECTIONS: SETTING GOALS FOR HEALTHIER OUTCOMES



Lori is a client in the Lewis County office. She was referred to case management because she was homeless, unemployed and did not have a reliable means of transportation. Lori's goals were to find housing, a reliable means of transportation and hopefully employment or her disability. Through case management, Lori now has been moved from temporary housing to permanent housing based upon her income. We have been able to fix her car so that she can try to find some type of employment and has been able to do some farm work to help offset bills. She attends the therapeutic rehabilitation program on a regular basis and uses the resources there to help get the supplies she needs to take care of her apartment.

She has applied for disability and is in the process of review. All of these activities have been assisted by case management. Lorie has been able to work on issues related to her mental illness and has been able to refrain from drinking.

FOCUS ON EMPLOYEE WELLNESS

In 2007 Comprehend began working with Primary Plus to offer a wellness program to employees. The Lifestyle Enhancement Awareness Program or LEAP for short, offers employees the opportunity to have a brief a biometric screening completed free of charge while they are at work, no copay, no taking off an hour or two to go to a doctor's office. The LEAP team includes a Registered Nurse, Physician's Assistant, and Registered Dietician. LEAP is offered four times a year to Comprehend employees. In a matter of minutes employees can review their cholesterol panel, glucose level, blood pressure, BMI, etc. with the a medical professional and get one on one advice to improve their health indicators.

Since 2007 LEAP has provided nearly 7000 screenings to Comprehend employees. Employees value the LEAP program as a quick simple way to stay on top of their health indicators. Staff members can take their information to their next doctor's appointment to be placed in their medical file. Some employees have had

2017 BY THE NUMBERS

8,996

Number of Unduplicated Clients

2815
Adult Mental Health

2909 CHILDREN'S SERVICES

145
INTELLECTUAL DEVELOPMENTAL DELAY

711 SUBSTANCE ABUSE

109
PEER SUPPORT

453
COMMUNITY SUPPORT

1854
PSYCHIATRIC

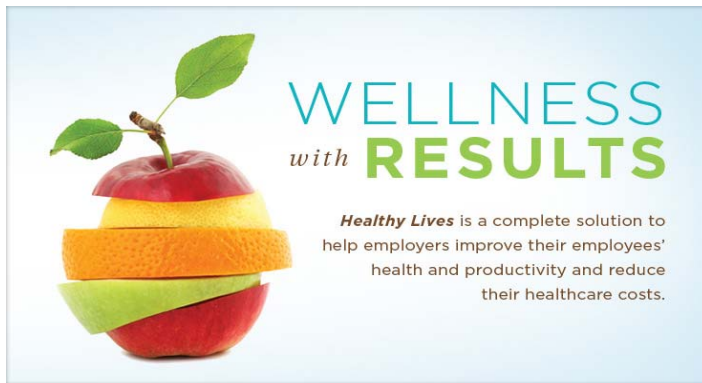
31,562 Regional Prevention Center

39 Licensed Clinicians

93,875 Total # of Services

\$16
MILLION
ANNUAL
BUDGET

185 Employees



their LEAP numbers lead them to a diagnosed medical condition that could have led to serious outcomes had it not been caught. This year marked an incredibly successful year for the LEAP at Comprehend. In February of 2018 we had the largest turn out for LEAP in Comprehend history, 60 staff members participated in the program. In May of 2018 57% of our participants had lost weight, seven of them losing more than 5% of their body weight.

Three years ago the Comprehend Board of Directors made the decision to become a part of the Kentucky Employees Health Plan. When Comprehend joined the health plan employees enrolled for the coverage were automatically enrolled in a companion Wellness Program the State offers called Go365. The Go365 program is an excellent motivator to take steps toward improving your health. Employees earn points for steps, challenges, getting preventive care, taking online health assessments, etc. Some staff members have fully embraced the Go365 program and are receiving \$250 or more in merchandise or gift cards each year just for taking steps toward living a healthier lifestyle. Employee interest and engagement in the Go365 program grows each year as employees see their coworkers getting healthier and reaping the rewards.

Comprehend is committed to investing in the health and wellness of our employees. As our mission states that we endeavor to enhance the well-being of individuals, families, and communities. That includes the health and wellbeing of our employees.

GIVING KIDS A HEALTHY START

Children’s Services has continued to grow by adding new programs as well as expanding existing programs and services over the last year. The Kentucky Strengthening Ties and Empowering Parents (KSTEP) grant has allowed our agency to better serve parents with addictions and support them in keeping their families in tact while achieving and maintaining sobriety. The program has proven successful in keeping children safely in their homes with their parents.



The Community Support Program has taken off with 23 referrals for the program to date. The Family Peer Support Program has grown as well with regular offerings of “Parent Café” and “Coffee and Conversations” parent support groups. Additionally the program has employed “warm hand-offs,” a state-recognized initiative which has been helpful in reducing agency-wide no show rates.

In January 2018, First Steps Point of Entry received 33 referrals - the highest number of referrals ever received in one month. The program has almost met this year’s goal of 300 referrals with 278 to date.

The Regional Prevention Center has had a successful year. The program obtained grants from Prevent Child Abuse Kentucky in December 2017 and again in July 2018 to expand and improve the Parent Education Program. Staff provided three Youth Mental Health First Aid trainings this year for 47 adults including staff of Mason County Middle School and the Tom Browning Boys and Girls Club. Sources of Strength, a peer-led suicide prevention program, expanded and is now in every school district in the region.

We are currently serving 448 students in the region through our School-based Therapy Program. Contracts were established in three new schools within our service area this year including Laurel Elementary, Augusta Independent and St. Pat. Additionally, we established a contract with Licking Valley C.A.P. to provide school-based services within their regional Head Start programs.

This summer, Children’s Services staff continued summer outreach efforts by providing four separate groups for youth at Camp Discovery using the Incredible Years “Dinosaur School” and “Too Good for Drugs evidence-based prevention programs.

FINANCIAL REPORT

	As of June 30th	
ASSETS	2018	2017
Cash & Near Equivalents	\$ 12,893,450.00	\$ 6,677,351.00
Net Accounts Receivable	917,683.00	1,005,042.00
Prepaid Expenses	48,971.00	79,264.00
Property & Equipment (Less Accum. Depr.)	1,949,332.00	1,548,515.00
Other Assets	5,175,359.00	1,337,730.00
TOTAL ASSETS	\$ 20,984,795.00	\$ 10,647,902.00
LIABILITIES		
Accounts Payable	\$ 492,106.00	\$ 478,512.00
Current Portion of Debt	20,596.00	19,404.00
Accrued Payroll & Fringe	549,797.00	496,353.00
Deferred/ Unearned Revenue	36,862.00	465,877.00
Long Term Debt	11,042,451.00	966,144.00
TOTAL LIABILITIES	\$ 12,141,812.00	\$ 2,426,290.00
FUND BALANCES	\$ 8,842,983.00	\$ 8,221,612.00
TOTAL LIABILITIES & FUND BALANCES	\$ 20,984,795.00	\$ 10,647,902.00

EMPLOYEE OVERVIEW

PROFESSIONAL CREDENTIALS	
Licensed Psychologist, Ph.D.	2
Licensed Psychological Associates, M.S.	3
Licensed Clinical Social Worker, MSW	4
Certified Clinical Social Worker, CSW	2
Licensed Professional Counselors, M.ED	13
Licensed Professional Counseling Associate, M. Ed	8
Licensed Marriage & Family Therapist	1
Licensed Psychiatrist	3
Nurse Practitioner	3
Certified Alcohol and Drug Counselor	1
Certified Prevention Professionals	2

SERVICE STATISTICS	
Hours of Training Provided	385
Hours of Training Received	7,064
Hours of Supervision Provided	451
Average Length of Service	7yrs

STAFFING BREAKDOWN	
Executive Staff	10
Coordinators and Supervisors	20
Professional Staff	61
Administrative Support	22
Maintenance	4
Service Workers	68
Total Staff	185

OFFICE LOCATIONS

Mason County
611 Forest Avenue
Maysville, KY 41056

Bracken County
429 Frankfort Street
Brooksville, KY 41004

Fleming County
610 Elizaville Avenue
Flemingsburg, KY 41041

Lewis County
83 Second Street
Vanceburg, KY 41176

Mission

Comprehends mission is to enhance the well-being of individuals, families, and communities by advocating for and providing behavioral healthcare services in a welcoming and caring environment.

Vision

Comprehend is committed to the continual pursuit of excellence in behavioral health services by providing the highest quality individualized care through a staff of dedicated and expert professionals, thereby becoming the employer, provider, and partner of choice.



2017-18 Board of Directors

Mr. Martin Voiers (Chair)
Dr. Michael Berry (Vice Chair)
Mr. Bobby Money (Treasurer)
Ms. Debbie Estill (Secretary)
Mr. Tony Cox (Past Chair)
Dr. William Bacon
Mr. Thomas Bertram
Mr. Earl Bush

Mr. John Byard
Ms. Rebecca Cartmell
Mr. James “Buddy” Gallenstein
Mr. Bill Henry
Ms. Bettsy Kalb
Mr. Louie King
Ms. Annette Lovins
Mr. David Reed

Thank you for your service!

Employee Value Award Recipients



Kelly Miller
VP of IDD
Services

Integrity: We will be truthful, honest and open with everyone in word and deed.



Janis Records
Director of
Quality &
Compliance

Excellence: We will make a continual effort to achieve the highest degree of professional standards possible in all areas.



Patti Massie
Clerical Support

Stewardship: We will be responsible for the management of our resources to provide and sustain our ability to serve. We will take full ownership for our failures and our successes, being ever mindful that we are accountable to our past, present and future employees, clients, and the community at large.



Evan Bothman
Outpatient
Therapist

Respect: We will be ever mindful – in all we do and say – in order to treat everyone with dignity, courtesy and consideration.



**Morgan
Frogde**
School Based
Therapist

Kindness: We will show all individuals we interact with, internally and externally, the same consideration and care we expect.



Jenni Jones
Child Services
Coordinator

Dedication: We will show unconditional commitment to serve each other so that together we can serve and meet the needs of our