



KVC Health Systems

2016 Annual Report

people matter





Dear Friends,

In a real and meaningful way, KVC achieves its mission each day. Over the last year, we kept thousands of children safe and helped them heal from unimaginable trauma such as abuse or neglect so they can lead happy, healthy lives. We gave people the caring attention and clinical treatment needed to prevent suicide or help them fight and beat addiction. We stabilized and strengthened vulnerable families, keeping them safely together rather than having a child enter foster care. We matched hundreds of children with adoptive families to give them the love, safety and sense of belonging they deserve. And we recruited, trained and supported hundreds of relatives and foster families as they provided loving care to thousands of children.

While it's true we accomplish our mission every day, our mission also has no end in sight. We will keep working until every child, teenager and adult is safe and connected to others. We pledge to continue giving our best and improving the way care is delivered until all families are strong and every community is healthy.

Thank you for making this work possible by being a partner, donor, volunteer, client, foster or adoptive family, or a staff member. We are so grateful that you care about the challenges children and families face and that you've joined us in being part of the solution.

With heartfelt appreciation,

Jason Hooper
President/CEO

David F. Ball
Board Co-Chair

B. Wayne Sims
*Board Co-Chair and
Past President/CEO*



2016 Results at a Glance

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National Results

6,184

families kept safely
together

442

children matched with
adoptive families

6,319

children cared for by
KVC foster families

21,674

children and adults
supported with
in-home services

3,492

youth and adults
treated at our
psychiatric hospitals

61,004 lives directly
touched by KVC in 2016

State by State

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Kansas

9,595 children and adults
received family preservation
services

1,030 children safely reunified
with their **634** families after being
in foster care

333 children matched with
adoptive families last year

2,844 children matched with
adoptive families since 2005

1,741 children received aftercare
support services following family
reunification or adoption

4,951 children cared for by KVC
foster families

909 children and adults received
outpatient behavioral health
services

Nebraska

710 children and adults received
intensive in-home support

1,000 youth cared for by KVC
foster families

58 adoptions facilitated

Kentucky

9,778 children and adults received
family preservation services

234 children safely reunified with
their families after being in foster
care

1,412 children and adults
benefitted from behavioral
healthcare services

180 youth received substance
abuse treatment

25 children cared for by KVC
foster families

West Virginia

396 children and adults received
in-home support including
behavioral healthcare

343 children cared for by KVC
foster families

37 children supported in their
home communities through the
new Safe at Home WV program

50 children matched with
adoptive families



Total Impact



61,004 people's lives directly touched by KVC last year

*Plus thousands more children and families indirectly benefitted through **education, training and consultation***

This past year, we provided direct care to over 60,000 children, youth and families. One important way KVC is ensuring the quality of care is by joining together two fields often treated as separate. It's an approach that unlocks the potential of individuals and communities to experience greater health and wellness.

The first field we're leading is integrated healthcare. With KVC's expertise in behavioral health, we help people who have depression, anxiety, thoughts of suicide, feelings of violence, addiction, psychiatric disorders, or the effects of childhood traumatic stress.

Our services include in-home therapy and skill-building, developmental disabilities support, substance abuse treatment, psychiatric residential treatment, and psychiatric hospitals for children, adolescents and adults.

The latest neuroscience tells us that a person's mental health is often a result of early childhood brain development and affects his or her physical health in adulthood. Solutions must address a person's holistic health and stretch beyond the individual to also include his or her environment and community.



The second field is child welfare or social services. We help ensure that children are safe and that families have the support they need to successfully care for their children. Services include in-home support to keep families safely together (family preservation), family reunification, foster family care, and adoption.

Child and family services need the lens and tools of integrated health, and the healthcare field must look beyond physical health

to understand underlying causes related to childhood adversity and relationships.

Families have needs all along the continuum of care. Whether their need is for a low level of intervention such as prevention and education, or the need is complex and acute, calling for high-level intervention such as hospitalization, KVC stands ready to help. By improving care and innovating where different fields intersect, we make a lasting impact in the lives of children and families.



Families Kept
Safely Together



6,184

families kept safely together

Of those families,

5,550received family preservation services
to prevent the need for foster care**774**safely reunited after one or more
children were in foster care

Preventing Foster Care

Children belong with their own families whenever safely possible. Last year, we provided support to keep 5,550 families safely intact, preventing their children from entering foster care. We provide family preservation services in the family's home to make help convenient and accessible. Crisis management, in-home therapy and skill-building, and connecting family needs with community resources are key components.

Families Reunified After Foster Care

While foster care often involves heartache, it can be a necessary intervention. Foster care is a safe place that gives a child and his or her birth family an opportunity to resolve conflicts or disruptions so the child can safely return home. Last year, we helped 774 families safely reunify after one or more of their children were in foster care. We applaud and honor these families who worked incredibly hard to overcome obstacles so they can bring their children home.



KVC Success Story

Anna is a single mother with 5-year-old twin girls. She was employed full-time but could not afford safe, reliable childcare. The house Anna and her girls lived in was in bad shape and needed major repairs. The stress of inadequate finances, childcare, housing and family support overwhelmed Anna and she began using marijuana and methamphetamine.

She was referred to KVC for drug and alcohol outpatient counseling and completed it successfully. KVC staff helped the family relocate into brand new low-income housing in another town. Anna also earned a promotion at work and enrolled her girls in kindergarten. The family successfully completed family preservation services, preventing the need for foster care. They are now thriving thanks to the support they received during a difficult time.



Adoption



442 children matched with adoptive families

3,385 total children matched with adoptive families since 2005

Nothing is more joyful than a child without a family being welcomed into one with open arms. Adoption is beautiful; we all understand that safety, love and a sense of belonging are the most fundamental needs in life.

Last year, we had the joy of matching 442 children who could not safely return home with adoptive families. Prior to being adopted, these children were in foster care. Whether due to abuse, neglect, incarceration, death or other heartbreaking circumstances, their parents were unable to care for them. By recruiting and supporting adoptive families, KVC helped these children's dreams of having a forever family come true.

Most of the adoptions KVC facilitates are for teenagers, sibling groups, or children with special behavioral or medical needs. Their new families look beyond challenges into the hearts of their children and see the simple longing to be loved. We are honored to be a part of their journey to expand their families!

KVC continues to use innovative ways to share about children needing to be adopted. Short videos combined with social media help us share a child's unique personality, often leading to new connections.



KVC Success Story

Lily is a teenager who had been in foster care for some time and needed a forever family to adopt her. During a court hearing to decide a permanency plan for Lily, the prosecuting attorney and guardian ad litem suggested that she live in a group home for girls. The KVC worker had developed a close bond with Lily and believed this smart, beautiful girl deserved a home and family to call her own – not a group home.

One foster family in particular seemed like the perfect match for Lily. Crystal and Dyer Frame adopted Lily and their parenting style was the perfect match for her. Lily thrived with the Dyers and learned how a healthy family works – something she would have never experienced in a group home. Lily found a permanent home with the Dyers and now has a supportive, loving family forever.



Foster Care



6,319

children cared for by relative, kinship or foster families

When a judge decides to remove a child from his or her home due to abuse, neglect or other family challenges, foster families provide a safe and supportive environment for a child during a difficult time. Foster care gives a child and his or her birth family the opportunity to resolve conflicts or disruptions and learn healthy skills so the child can safely return home.

KVC recruits, trains and supports foster parents to care for children ages birth to 18. Foster families not only provide a safe and caring environment but

also help children recover from trauma they have experienced.

We continue to share our “big idea for transforming foster care” (learn more at www.kvc.org/bigidea). Our philosophy involves treating each child with urgency, matching children with caregivers they know, and working with foster parents as highly valued partners in permanency. Our Safe and Connected™ model is reducing the amount of time foster care is needed, and our MyLink™ telehealth program, which uses iPads, makes therapeutic and crisis intervention services available to children 24 hours a day.



KVC Success Story

Doug and Jamie Dawson were asked if they could provide foster care for three girls in their home. The couple agreed and the day after the girls arrived at their home, Jamie took them to pick out their own bedding, clothes and any other items they needed to feel welcome. After the girls had lived with them for a while, the Dawsons surprised the girls by painting and redecorating their bedroom. Upon seeing this, the oldest child got very emotional and said she felt like the Dawsons really loved and cared for her.

Maintaining open communication with the children’s parents is an important part of foster parenting and it was always a top priority for the Dawsons. Doug and Jamie also ensured the girls’ parents were included in their extracurricular activities, parent-teacher conferences and medical appointments. The Dawsons also tirelessly advocated for the girls to ensure that their voices were heard and that their needs were met. More foster families like the Dawsons are needed to provide safety and support to children and youth in foster care!



In-Home Support



21,674 children and adults benefitted from in-home services such as **family therapy, behavioral healthcare and skill-building**

Families from all walks of life often face tremendous challenges that impact their mental and behavioral health or their ability to stay together as a family. Too often, they don't know where to turn. The in-home family support and therapeutic solutions provided by KVC make it possible for families to overcome any disruptions and for children to remain safely in their homes.

Our high-quality, effective services are delivered to children,

adults and families right in their homes, which is where change must occur and where therapy is most effective. This in-home model removes barriers to receiving treatment and eliminates the need to travel to an office, coordinate child care or take off from work. Providing treatment in a family's natural setting also offers a unique opportunity for KVC staff to teach authentic coping and problem-solving skills to children and parents alike.



KVC Success Story

Shelby is a 16-year-old girl who endured sexual abuse at the hands of a neighbor beginning at the age of four. She struggled to heal from her traumatic past, experiencing severe anxiety and depression and had a difficult time communicating openly with family members. While she was not yet ready and somewhat unsure of how to share her story and discuss the excruciating hardships of what she had experienced, she reported often feeling unheard and tossed to the side any time she attempted to open up about her past.

Shelby's family was referred to KVC for in-home services. After assessing the needs of the family,

KVC staff suggested that Shelby write a Trauma Narrative to describe her past experiences in detail. She wrote about her thoughts and emotions, revealing the full impact that the experience had and how it affects her life presently.

The Trauma Narrative helped Shelby's parents understand how to better support her. Most importantly, Shelby learned to live with the terrible things that happened to her and is now aware that her traumatic past does not define her; it is simply part of her story. Shelby is incredibly brave and by sharing her story, she now feels stronger and more empowered than ever.



Psychiatric Hospitals



3,492 youth and adults treated at KVC Hospitals last year — nearly a 15% increase over the previous year

97% of youth showed improvement in trauma-related symptoms within the first 7 days of treatment

*KVC Hospitals demonstrates **national expertise**, providing consultation and treatment of individuals from 16 states*

Each year, KVC Hospitals serves thousands of children, adolescents and adults who struggle with depression, anxiety, trauma, substance abuse, suicidal thoughts and feelings of violence. Our acute/inpatient and residential treatment services help stabilize youth and adults and provide healing in a modern, safe and secure environment.

Our approach to behavioral healthcare uses the latest neuroscience that tells us brain development occurs long into adulthood and correlates with our capacity to handle life's challenges.

Armed with this knowledge, the KVC Learning Lab was created so that youth can learn how their brain develops and functions. Knowing this information teaches them skills to better manage difficult emotions, process and move beyond trauma, and build a strong, healthy brain.

Other organizations are taking notice and striving to learn from our innovative approach. This past year, we partnered with the University of Kansas Health System to provide adult psychiatric care, with Thalia House to enhance treatment for women with eating disorders, and with the National Alliance on Mental Illness (NAMI) to showcase art created by youth receiving psychiatric treatment at KVC Hospitals.



KVC Success Story

A teenage girl was receiving psychiatric treatment services at KVC Prairie Ridge Hospital. During a routine health discussion, she became upset and emotionally dysregulated. Dr. Anh Vinh, Director of Integrated Health Services, had developed a strong relationship with the youth from the time she first entered the hospital and was able to talk the girl through her

emotions as well as the physical symptoms she was experiencing. During that conversation, the teen opened up about the trauma she had recently endured. Because the teen had grown to trust Dr. Vinh, a trauma-informed treatment plan was created to ensure the youth received the right help and support she needed during an important time in her life.



KVC Institute



Agencies in **4** countries and **13** U.S. states benefitted from KVC training and consultation

428 people trained by the NYU/KVC Midwest Trauma Training Center

4 major research projects underway

*By bringing best practice approaches to leaders in primary and behavioral healthcare, child welfare, juvenile justice and related systems, the KVC Institute indirectly benefitted **tens of thousands** of children and families.*

The KVC Institute for Health Systems Innovation is headquartered in the greater Kansas City area; however, it exists without walls and beyond borders. It brings together the expertise held by our more than 1,400 employees across the country.

The mission of the KVC Institute is to transform the experience of childhood for all children through the advancement of health and wellness. It expedites research into direct practice and offers training and consultation to a wide range of public and private agencies.



Through its neuroscience initiative, the KVC Institute is educating communities about the link between childhood adversity and life-long health problems and leading efforts to address it through prevention and innovative treatment.

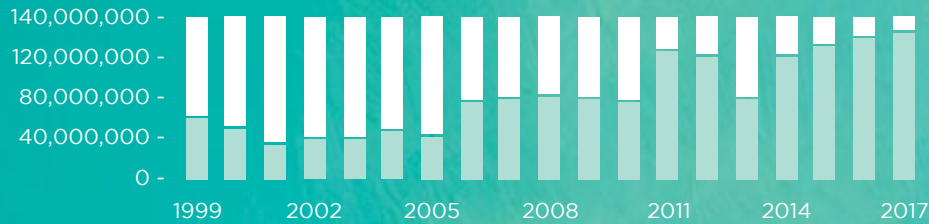
We're sharing expertise through videos on topics like safely

reducing psychotropic drug use in foster care, healing from the life-long effects of childhood trauma, and using the Safe and Connected™ framework to make decisions with and for children and families. We've also produced a 12-part parenting skills blog series that can benefit every family. Learn more at www.kvc.org/institute.

2016 KVC Financials

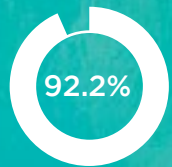
OPERATING REVENUE

KVC Health Systems and Subsidiaries



OPERATIONAL EXPENSES

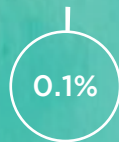
KVC Health Systems and Subsidiaries



Program Expenses



Administrative Expenses

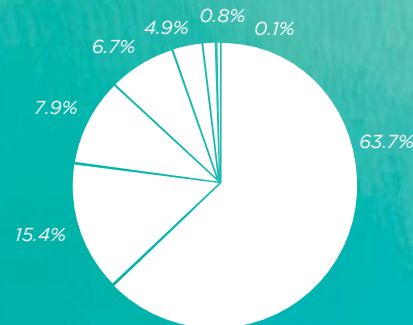


Fundraising Expenses

SOURCES OF OPERATIONAL REVENUE

KVC Health Systems and Subsidiaries

- 63.7% Kansas Services
- 15.4% Hospital Services
- 7.9% Kentucky Services
- 6.7% Nebraska Services
- 4.9% West Virginia Services
- 0.8% Health Systems/Institute
- 0.1% Foundation



On behalf of the more than 61,000 children and families KVC served last year, we sincerely thank the individuals, corporations, foundations and state and federal agencies that give their time and treasures to make a difference.

*Fiscal Year July 1, 2015 - June 30, 2016

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Many thanks to the professionals who donate their time, talent and expertise by serving on KVC's General Board, Young Advisory Board or other local groups.

KVC Mission

To enrich and enhance the lives of children and families by providing medical and behavioral healthcare, social services and education.

You can make a difference

There are many different ways you can help children and families in crisis:

- Foster or adopt a child
- Sponsor a fundraising event
- Become an Everyday Hero via monthly giving
- Donate holiday gifts or school supplies
- Follow KVC on social media and share our posts
- Educate others
- Volunteer



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