

 KVC® Health Systems

impact report



2018



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Dear Friends,

As partners, donors, volunteers and supporters, you are helping us to be connectors to care for people in need. It's as simple as that. With your help, our doors are transformed into the opportunity for a child to heal from trauma, mental illness or other adversity; for a parent to learn skills that will create a strong family and healthy childhood; for caring adults to become family for children in crisis; and for us all to affect communities with real, lasting change.

Within the last year, we have dreamed up and created new ways to make that change real. We've started developing a new national model to support youth aging out of foster care that will give them the skills and support to succeed. We've designed and implemented a system to find more loving adults to care for children, brought behavioral health and psychiatric treatments closer to the families that need them, and expanded our preventative family-strengthening programs.

Every child, teen, adult and community deserves to be healthy. We will continue to work and advocate for healthy childhoods and healthy communities. Thank you for empowering us to make an impact, be connectors to care and provide more opportunities to families. We hope that, as you read through the pages of our 2018 Impact Report, you will feel pride in what you have helped accomplish and inspired to continue supporting our vision.

Thank you,


Jason Hooper
President and CEO


David F. Ball
Board Co-Chair


B. Wayne Sims
Board Co-Chair

The heart of our work is helping people.

That's what drives us. The inherent worth of each person defines our purpose, informs our work and guides our culture. Our purpose is to help children, adults and families in all communities and neighborhoods. Families from any background can face struggles or even find themselves in crisis, but hope and help can guide a family back to firm footing.

Our nationwide team of expert professionals and volunteers are here to help. We offer innovative, effective and compassionate care to every individual we serve: **innovative** because persistent problems can only be solved using new thinking; **effective** because outcomes matter greatly in child welfare and behavioral healthcare; and **compassionate** because true caring is both the destination and the means to get there.

The work we do is often in people's homes where they are comfortable to experience transformation and repair relationships. The extent of community need is often unknown because this work is unseen, but the changes are visible to those close to it. We help families in crisis find the resources that will keep them safely together. We help people overcome addiction to drugs or alcohol through treatment and strengthening supportive relationships. We give adults the practical parenting skills needed to stop the cycles of violence and trauma and create a healthy, loving family. People are the heart of everything we do.



people's lives directly impacted by KVC this year

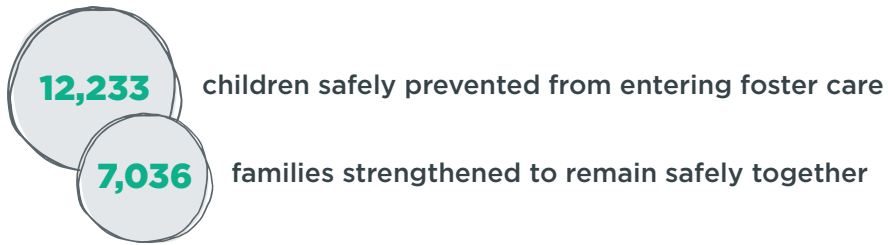
Plus millions more children and families benefited from KVC sharing its best practices with other agencies





*families
strengthened*

families strengthened



Too often, families encounter crisis and don't know where to turn. It may be that someone lost their job and can't support their home any longer, hasn't had the opportunity to learn the parenting skills to support their child's safety and development, endures mental illness or addiction without the right help, or continues the cycle of violence that they themselves have endured. When challenges like these happen, we work first to prevent children from entering foster care by providing in-home therapy, skill-building and connections to community resources. We know that any change or disruption for a child can be hard, and children grow best in their families whenever safely possible.

If a family needs more supports or time to overcome their obstacles, foster care is a safe intervention so that the parent can overcome their challenges and give their child a safe home to which they can return.

While KVC plays an important role in providing tools and resources for a family to remain together, the goal is only achieved with the effort and growth of the families themselves who thrive despite significant hardships. We applaud and congratulate those families who have overcome enormous challenges and worked hard to strengthen their families.

Of those 7,036 families,

- **6,429** never had to experience their children entering foster care, due to successful prevention services
- **607** were able to safely bring their children home from foster care

A KVC Success Story

Stacia and Bradley's Story

Stacia and Bradley are the parents of two girls; an 11-year-old and a four-year-old. Their struggles with substance use contributed to the two girls' needs not being met. A court decision was made to remove the children from the home so that both Stacia and Bradley could focus on sobriety and learning skills to be successful parents for their girls.

To safely reunify with their children, Stacia and Bradley knew that they needed support with substance use treatment, understanding their own mental health, and providing a safe and stable home for their kids. They were committed to working with the resources KVC offered for addiction, parenting and couples counseling.

Stacia and Bradley both have learned how to parent their girls in a healthy way, have stable jobs and continue to work on being great partners in raising their children. The family is stronger than ever and the children have been able to safely return home. Stacia and Bradley hope to continue to be healthy and help other parents whose children are in foster care by participating in KVC's Engaging Parents support group.





adoption

adoption

454

children matched with adoptive families this year

4,454

children's adoptions facilitated in our agency's history

Every person deserves a family. That's what helps us all to feel needed, wanted, supported and loved. When the courts make the difficult decision to terminate a parent's rights for a child's safety and wellbeing, it leaves the child in need of a family. Adoptive families provide a safe and nurturing home for children who cannot safely return to their birth families.

Older teens, sibling groups, and children with special needs are often the ones left needing a safe and permanent home. No matter their age or circumstance, we believe children need family connection and that every child is adoptable.

Our mantra is that children can't wait, meaning they shouldn't linger in foster care or age out of the system without a permanent family. That is why we work to find children forever families so they experience the belonging and the love they deserve.

A KVC Success Story

Joslyn's Story

Two years ago, a baby girl was born with four drugs in her system. Due to the crippling effects of addiction, her birth mother left her at the hospital and she was in need of medical attention.

There was good news for this sweet baby, though. Just months earlier, Jessica and Derek had started exploring the process of fostering or adopting a child in foster care. They wanted their family to include children, but their son was born too early and sadly passed away. They were unable to have other children biologically.

They became licensed through KVC and fostered two young siblings for over a year. After they were able to be safely return home, Jessica and Derek got a call from KVC saying there was another child in need — the baby who was born drug-affected. They rushed to the hospital to see her and fill out paperwork.



They said that the moment they saw her, they were in love. The baby's biological mother was unable to visit because she was not meeting her case plan to be sober and safe around the child. The court eventually terminated the mother's parental rights for safety reasons. The baby's father did visit but wasn't able to manage a young baby with three other children he was caring for, and asked Jessica and Derek to adopt the baby girl. He made the difficult decision to relinquish his parental rights, knowing that Jessica and Derek wanted to love and care for the baby.

In April of this year, just before she turned two years old, Jessica and Derek finalized the adoption of Joslyn Faith, the baby they had cared for since birth. Jessica and Derek say, "We recommend KVC to everyone we know. It's where everyone treats you like family." Now a family of three, Jessica and Derek share their joy and love with Joslyn every day.

*foster
care*



foster care

6,869

children cared for by relative caregivers or foster families

We provide 24/7 support to children who have experienced abuse and neglect — giving food, a bed and a caring family to youth going through heartache and separation. Foster care is a necessary intervention so that a family can work to overcome obstacles and challenges and learn parenting and communication skills in order for their child to safely return home. Foster care is meant to be temporary and for as short of a time as safely possible because we know that any disruption to a child can negatively affect their development.

That is why we look to find relatives, neighbors or other trusted adults that the child knows to become his or her foster caregivers. If we are unable to find a known adult to care for the child, we have a network of highly trained, loving foster families that become caregivers for the child. These families provide a safe, caring environment for the child to heal from the trauma they have experienced.

Trauma, abuse and neglect can have major impacts on a child's brain development and behavior. When a child has never been shown a healthy way to deal with stress, anger or fear, they can behave in ways that are challenging or even violent. We provide trauma-informed training to all caregivers and employees so that they can help the children understand their trauma and begin to heal.

One of the biggest tragedies is when a child ages out of foster care (meaning they reach an age between 18–21) which makes them ineligible to continue receiving services. If the child has not been safely returned home or adopted, they are often on their own, without any guidance, family or support. KVC is on a multi-year mission to solve this national crisis. We've made amazing progress on a new program to provide educational, life skills and wrap-around services for these young adults. We hope to give these individuals educational support to ensure they succeed.

The number of children and teens in foster care is rising and the need for loving adults to care for children is greater than ever. Foster care comes with a lot of unnecessary stigma; the reality is that any adult who is willing to open their home and their heart can make a huge difference in a child's life. Learn more at www.kvc.org/foster

A KVC Success Story

Next Door Neighbors Provide Incredible Support

Jennifer and Jeremiah began caring for five siblings after their mom could not meet the needs of the children and they entered foster care. The children and their mother lived directly next door to Jennifer and Jeremiah and some had attended the same church. Jennifer and Jeremiah knew that they had a close relationship with the children and would be able to care for them with as little disruption to their lives as possible while their mom worked to overcome challenges.

The journey to reintegration included a new partnership between Jennifer and Jeremiah and the children's mother. They promised to support the mom with the help of KVC and were fully in favor of safely reunifying the children with their mom.

Jennifer and Jeremiah have kept their word, even after the children were able to safely return home. They still help with getting the kids to school or watching the children when their mother has to go into work early. The two families have grown closer, providing the children's mother with vital support to be successful.





in-home support

in-home support

28,182

children and adults benefited from our in-home services such as family therapy, behavioral healthcare and skill-building

In any neighborhood, individuals and families can struggle with challenges that are hard to overcome without help from caring professionals. Economic hardship, mental illness, abuse or neglect, substance abuse, domestic violence, divorce, incarceration and parenting challenges are some of the primary types of adversity that can affect how a family functions.

We work to stabilize and strengthen families with in-home supports before the need for foster care arises. Our therapists and social workers support parents and children in their home rather than an office setting because the family setting is where challenges exist and where change must occur. In partnership with the family, we create and implement a treatment plan. We also connect them to community resources including jobs, housing, substance use treatment, medical care, psychiatric treatment and parenting education.

With concrete supports, social connections, parenting skills and coping skills, families are more likely to thrive.

A KVC Success Story

Mother and Teen Learn to Communicate

Thirteen-year-old Kiara was removed from her mother's home by the courts. Kiara and her mom had been arguing and their fights had escalated to a point that it was unsafe for Kiara to remain in the home. Kiara's mom knew that she had to get help for her anger and violent outbursts to provide a safe home for Kiara.

With the support of KVC professionals, Kiara's mom was able to enter a recovery program where she started to learn how her anger affects herself and others. She learned healthy ways to communicate and created safe ways to calm down in stressful situations. Kiara also started to work with peers her own age that have been through similar situations.

Kiara was able to safely return home. Her mother wrote her a heartfelt letter during recovery, apologizing for what she had done. Kiara has the letter framed and keeps it right next to her bed. She now calls her mother her best friend and they hug and say "I love you" often. They attend individual and family therapy and are working together to create a stable and happy home.





*children's psychiatric
hospitals &
residential treatment*

children's psychiatric hospitals & residential treatment

2,869

youth and adults treated at our psychiatric hospitals

Over the past decade, the number of children and teens who have been hospitalized for suicidal ideation has doubled. Unfortunately, it's become a national health crisis and we don't have to look far to find someone who has been affected by the loss of a friend or family member. Children and teens all across the country are struggling with depression, anxiety, trauma, the effects of stress, mental illness, substance use and other sources and types of psychiatric crisis.

- **8,603** individual therapy sessions provided to youth
- **403** therapeutic virtual reality sessions conducted
- **42,128** patient days of care provided, which is more than any previous year

We offer a safe place for families who are going through one of most frightening and heartbreaking times in their lives. We're putting Resilience Centers in our hospital locations and in communities to teach kids about brain science and what's happening in their brains when they get angry, scared or sad. We teach coping skills, and use virtual reality as a highly interactive way of helping children experience safety and healing. Our treatment is trauma-informed which addresses the individual and their experiences but also includes their family and home environment as key contributors to their health and wellness.

When children understand their brain and trauma, they can then better understand themselves and learn to be healthy. We offer school-based day treatment, psychiatric residential treatment facilities (PRTFs) and children's inpatient psychiatric hospitals where psychiatrists, doctors, nurses, therapists and direct care staff all provide compassionate treatment. We understand that it's never a child's fault that something traumatic has happened to them, resulting in volatile emotions and behaviors. We work to build their resilience and support systems so that they can handle life's challenges and live healthy, joyful lives.

A KVC Success Story

Stephen's Story

Stephen is a teenage boy who had been in foster care since he was 12. He had struggled with remaining safe in foster homes and needed hospitalization and residential treatment a few times. When he first arrived for treatment, he was aggressive toward staff and peers and at times reported feeling hopeless about his future in general. Stephen shared that he knew he was just going to end up in prison later in life.

While in treatment, Stephen received psychological testing and was assessed by a psychiatrist every day. He was prescribed the right medicines for him that helped him to feel better. While at KVC, he learned how his brain worked and how to communicate how he was feeling. He began to open up to his therapist and talk about his feelings. Slowly but surely, Stephen started to heal and feel differently about himself and his future. He started to dream about going to college and thought about different majors he could choose. He started to explore different careers he might enjoy. He started to see himself as a helpful member of society instead of a child who was destined to end up in prison.



Through his relationships with KVC staff and additional familial supports, Stephen was able to find hope for himself and for his future. He discharged to an independent living home where he is now considered a leader. He helps his peers and is able to be a mentor of sorts to coach them through their struggles.

KVC Institute





Over 21 million people indirectly impacted by KVC Institute training or consultation

To make real change in communities, we work in small ways and big ways, both at the individual level and at the highest organizational levels. Through the KVC Institute for Health Systems Innovation, we work to transform the experience of childhood for all children, developing creative solutions to social problems by providing consulting, creating curriculum and online learning, training professionals, and influencing public policy. We ensure we are doing our best work through our Safe & Connected™ integrated child welfare practice model, guiding practitioners in the application of research into practice and ultimately maximizing human potential.

As an organization, we've prioritized innovation. We seek out gaps in services to children, adults and families, then take an entrepreneurial approach to problem-solve and fill them. In doing so, we implement research-backed solutions and create new business models. By partnering with government agencies, international governments and private organizations, we hope to share our best practices to create healthier communities and improve outcomes in systems that serve children and families.

- Over **1,000** people received direct training or consultation on best practices
- Agencies in **9** U.S. states and **2** countries received child welfare or health-related consultation
- **2** major research projects underway

Thank You, Donors

On behalf of the more than **63,377** children and families KVC served last year,

we sincerely thank the individuals and organizations that give their time and resources to make a difference.

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




2018 impact at a glance

National Impact

- 
- 63,377** people's lives enhanced by KVC
 - 12,233** children safely prevented from entering foster care
 - 454** children matched with adoptive families
 - 4,454** children's adoptions facilitated in our agency's history
 - 6,869** children cared for in foster care
 - 28,182** children and adults supported with in-home services
 - 2,869** youth and adults treated at our psychiatric hospitals

Kansas

- 
- 12,749** children served
 - 9,963** children and adults received family preservation services
 - 1,006** children safely reunified with their 607 families after being in foster care
 - 360** children matched with adoptive families last year
 - 3,700** children matched with adoptive families since 2005
 - 1,953** children received aftercare support services following family reunification or adoption
 - 5,671** children cared for by relative caregivers or foster families
 - 1,153** children and adults received outpatient behavioral health services

Kentucky

- 
- 6,011** children in 2,504 families received family preservation services
 - 97.4%** of children were maintained safely with or reunited with their families after receiving family preservation and reunification services
 - 1,224** children and adults benefited from behavioral health services
 - 68** youth received substance abuse treatment
 - 46** children cared for by KVC foster families

Missouri

- 
- 135** years of Niles' history in the heart of Kansas City commemorated this year
 - 44** children served in Niles' psychiatric residential treatment program
 - 43** children served at the Niles Prep K-12 day treatment program
 - 1,483** expressive therapy services provided
 - 180** day reduction in a child's average length of stay, helping youth safely return home after effective treatment

Nebraska

- 381** children and their 179 families received intensive in-home support
- 817** youth cared for by KVC foster families
- 129** children in foster care safely reunified with their families
- 32** children's adoptions facilitated
- 51** families served in our Parents and Children Together program
- 42** individuals with intellectual or developmental disabilities supported in KVC extended family homes
- 2** clients served in Youth Peer Support

West Virginia

- 311** children and adults received in-home support including behavioral healthcare
- 335** children cared for by KVC foster families
- 188** children supported in their home communities through Safe at Home WV
- 61** children matched with adoptive families

KVC Institute

- 21+** million people indirectly impacted by KVC Institute training or consultation
- 1,000+** people received training or consultation on best practices through the KVC Institute.
- 9** states and 2 countries had agencies that received child welfare or health-related consultation
- 2** major research projects underway

board of directors

David F. Ball — *Co-Chair*
B. Wayne Sims — *Co-Chair*
William H. Dunn, Jr. — *Vice Chair - Finance*
John N. Barnes — *Vice Chair - Development*

Mayor Michael E. Copeland
Patrick Desbois
Teresa Markowitz
Bill Self

leadership team

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President & Chief Executive Officer

Erin Stucky, L.S.C.S.W.
Chief Operations Officer

Marilyn Jacobson, J.D.
Chief Financial Officer & General Counsel

Lonnie Johnson
Chief Information Officer

Chad E. Anderson, L.S.C.S.W.
Chief Clinical Officer - KVC Health Systems/President - KVC Kansas

Vishal Adma, M.D., M.S., C.M.Q., C.P.E.
Medical Director - KVC Hospitals

Ryan Speier, L.M.S.W.
President - KVC Hospitals

Gina Klyachkin, M.S.W.,
L.C.S.W., L.I.C.S.W.
President - KVC Kentucky

Brent Lemon, L.C.S.W., L.I.C.S.W.
President - KVC West Virginia

Ashley Brown
President - KVC Nebraska

Astra Garner, L.P.C., L.C.P.C., R.P.T.
President - Niles

Renny Christian Arensberg, M.A.
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Jodie Austin, L.C.S.W.
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Vice President of Information Solutions & Team Development

Jenny Kutz
Vice President of Marketing & Communications

Michelle Lawrence, C.F.R.E.
Vice President of Development

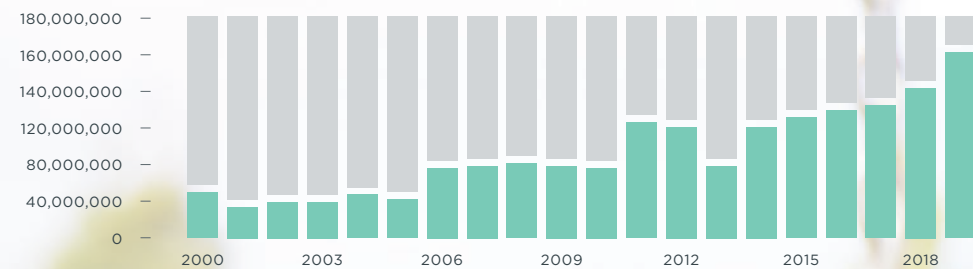
Cheryl Marquardt, J.D.
Vice President and Deputy General Counsel

Susan Ott
Vice President of Human Resources

Suzanne Lohrbach, Ph.D.,
Executive Director - KVC Institute

2018 KVC Health Systems and Subsidiaries Financials

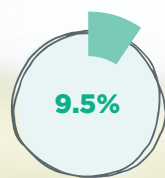
Operating Revenue



Operational Expenses



Program Expenses



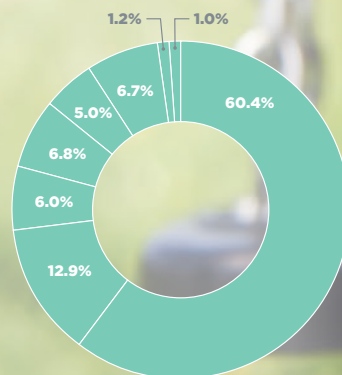
Administrative Expenses



Fundraising Expenses

Operational Revenue

Kansas Services	60.4%
Hospital Services	12.9%
Kentucky Services	6.0%
West Virginia Services	6.8%
Nebraska Services	5.0%
Health Systems/Institute	6.7%
Foundation	1.2%
Niles	1.0%



Our mission is to enrich and enhance the lives of children and families by providing medical and behavioral healthcare, social services and education.

Our vision is a world in which every person is safe and connected to a strong family and a healthy community.

We need you

You can make a difference.

There are many ways you can help children, adults and families in crisis.

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

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