



50TH ANNIVERSARY

1966-2016

2016 ANNUAL REPORT

A Culture for Change

In 1963 President John F. Kennedy signed the Community Mental Health Act into law and a few years later, the Central Kentucky Regional Mental Health Board was the first center in Kentucky. For 50 years, Bluegrass has been steadfast in our commitment to improve the lives of Kentuckians through mental health, substance use and intellectual and developmental disability services.

Bluegrass continues as a non-profit to provide an integrated system of care coupled with the highest level of service to assure positive outcomes for the individuals and families we serve.

In 2016, Bluegrass developed and enacted a plan to realign our organizational structure and enhance delivery of services. With the creation of four Anchor Centers in Danville, Georgetown, Lexington and Richmond, all clients

gain access to all services closer to where they live. Offices in the surrounding counties continue to support clients and provide core services such as outpatient therapy for mental health and substance use and case management.

Bluegrass is cultivating a culture of change to meet the demands of today and set a course for tomorrow. None of this could happen without the commitment of government leaders, community partners and our dedicated staff. Because of your unwavering commitment, Bluegrass continues our mission to assist individuals and families live their best life. 🌱

Paul R. Beatrice, CEO

Peggy Tudor, Board of Directors Chair



Paul R. Beatrice
CEO



Peggy Tudor
Board of Directors Chair

Our Mission

The mission of Bluegrass is to assist individuals and families in the enhancement of their emotional, mental and physical well-being by providing behavioral health, substance use and intellectual and developmental disability services. We serve those who have limited options for meeting their behavioral health needs.

Our Philosophy of Care

Bluegrass provides services to help children, adults and families live their best lives. We focus in the areas of mental health, substance use and intellectual and developmental disabilities. We believe each person deserves supportive, respectful, integrated care. Bluegrass believes all individuals have the ability to improve and change their lives. Our team of caring and highly skilled individuals make our clients their number one priority. The emotional, mental and physical well-being of our community is at the center of everything we do. 🌱



“We believe each person deserves supportive, respectful, integrated care.”

50 YEARS OF MILESTONES IN BLUEGRASS HISTORY

1966

Central Kentucky Regional Mental Health Board incorporates as a 501c3 nonprofit organization.

1975

Narcotics Addiction Program started. Oldest medication assisted treatment program in the Commonwealth

1982

Created Mental Health program at the Fayette County Detention Center

1988

Bluegrass is the first to incorporate AS400 technology

1990

Purchased 25 Acres on Newtown Pike for Corporate Headquarters

1992

Toll-Free 800 Number established.

1993

Achieved Joint Commission Accreditation

1995

Began operation of Eastern State Hospital and continued for the next 18 years.

1997

Launched first website

2006

Bluegrass begins operating Oakwood Intermediate Care Facility in Somerset

2008

Michelle P. Waiver Assessment and Case Management Services Created for IDD clients.

2016

New Vista Behavioral Healthcare opens Brain Injury Program

Realignment of Services

Bluegrass brought services closer to the homes of all clients by creating Anchor Centers in Danville, Georgetown, Lexington and Richmond. These newly created anchor centers offer a full array of services to clients while also improving operational efficiencies. Services offered by qualified providers in the Anchor Centers include outpatient mental health, children and family services, case management, housing support, substance use services, crisis intervention, intellectual and developmental disability services, consultation and education. Core services provided at the Satellite Offices in surrounding counties are; outpatient therapy for mental health and substance use, crisis services, case management, school based services and telehealth.

Bluegrass initiated a substantial realignment of staff and organizational structure to accomplish the development of Anchor Centers. Bluegrass will move forward with innovative care options for our clients as well as sustainability and growth strategies for the entire organization. 🌱

*Celebrating 50 years
of serving individuals
and families throughout
17 counties in Central
Kentucky*



A New Venture — New Vista Behavioral Health

This was an exciting year as Bluegrass operationalized an affiliate corporation, New Vista Behavioral Healthcare. Through this new corporation, the organization is poised to expand services and programs. The first program is for residential brain injury services. Ashland House is the name of our post-acute neurobehavioral residential treatment facility which opened in January 2016. The house has seven private bedrooms with shared living and dining areas. This is a joint venture with the Kentucky Department of Aging and Independent Living. Through New Vista, Kentuckians who were forced to receive treatment out of state due to lack of services have been welcomed back home. “Most of all our son seems happy. He is able to communicate this to us often...He is close by. He is happy and his home life is the best it has ever been.” – parent of Ashland House resident.

New Vista Brain Injury offers a wide array of services including; occupational, speech and physical therapy, psychological and neuropsychological services, behavioral therapy and

nursing. New Vista partnered with the YMCA of Central Kentucky, Lexington-Fayette County Parks and Recreation Department, University of Kentucky Paws for Ability and Latitude Arts to expand socialization experiences for residents and promote awareness within the community. Ashland House was quickly operating at full capacity and has plans to add vocational programming.

Client success and family involvement is key to all aspects of the program, “This is the first time we’ve been included in our son’s care and we are beyond thrilled about it.” - parent of Ashland House resident.

New Vista Brain Injury Program is led by Diane Schirmer, Corporate Director of Brain Injury Services and Dr. Darryl Kaelin, Medical Director and Associate Professor at the University of Louisville. The next step for New Vista is adding residential services for individuals with intellectual and developmental disabilities. Visit www.newvista.org to learn more. 🌱

Innovative Programs *Promote Recovery*

At Bluegrass, we believe in recovery. We believe everyone can improve their life. We provide individuals and families with treatment in a supportive and respectful environment. As a non-profit we exist to help people from every walk of life and regardless of ability to pay.



High Fidelity Wraparound

Wraparound services are designed for families of children whose severe behavioral health issues have not responded well to other interventions and are causing significant disruption to the life of the child and family. Currently wraparound services are offered in Clark, Fayette, Madison and Scott counties. The wraparound philosophy promotes inclusive decision making and planning. With the help from facilitators, everyone works together to help make sure children grow up in their homes and the family realizes their hopes and dreams.



Mental Health for Inmates Saves Lives

In partnership with the Lexington-Fayette Urban County Government, Bluegrass provides mental health treatment and works to reduce the risk of suicide at the Fayette County Detention Center. Staff are on-site 24 hours a day 7 days a week. Managing risk and providing care has proven to be a highly effective strategy. According to the Bureau of Justice Statistics, a jail the size of the FCDC would average 6.75 suicides a year. In the past 10 years there have been no suicides. In 2016, the staff averaged 38 contacts per day totaling 14,366 contacts. Providing continuity of care measurably improves an inmate's quality of life. The goal is to carry this improvement after release.



Pregnancy and Addiction Network

Bluegrass is reaching out to the smallest and most vulnerable among us – pregnant women and their babies. Collaborating with hospitals, physicians, medication assisted treatment, social services and community agencies, Bluegrass Pregnancy and Addiction Network ensures pregnant women with substance use disorder receive treatment for addiction with as few barriers and delays as possible. The number of pregnant women with substance use disorder has risen significantly in recent years. Many women arrive at hospitals having received no prior care and in desperate need of services after delivery. Bluegrass works with women to connect them to the services they need to reach the best possible outcome for themselves and their babies.

State of the Art Clinic Opens at Oakwood

In 2016 Oakwood Specialty Clinic held a grand opening to introduce the new state-of-the-art facility providing the highest quality medical, dental, and psychiatric care to individuals with intellectual and developmental disabilities or IDD. The Specialty Clinic is located on the Oakwood Community Campus in Somerset, Kentucky. Oakwood is an intermediate care facility operated by Bluegrass. Oakwood helps adults with IDD develop skills and interest to live meaningful balanced lives.


People with intellectual and developmental disabilities and their families need expert, compassionate care. At Oakwood Specialty Clinic, services are based on best practices in IDD treatment and open to the public.

Oakwood doctors and staff are experts in treating persons with IDD and communicating with their families. Individuals and loved ones are treated with understanding, compassion, kindness and respect during every aspect of diagnosis, treatment and ongoing medical care.

IDD may be the result of a genetic disorder, such as Down syndrome, or it can be associated with cerebral palsy, autism spectrum disorder, fetal alcohol syndrome or another medical condition. Oakwood also serves patients with epilepsy. Oakwood Specialty Clinic offers a comprehensive range of services for persons with IDD and their families including:

- **Primary Care**
- **Dentistry**
- **Psychiatry**
- **Cardiology**
- **Neurology**
- **Pulmonology**
- **Gastroenterology**
- **Optometry**
- **Ophthalmology**
- **Audiology**

- **Physical, Occupational and Speech Therapy**
- **Behavior Therapy**
- **Pharmacology Counseling**
- **Nutrition Counseling**
- **Benefits Coordination Assistance**

The Oakwood Specialty Clinic will greatly improve access and increase the level of care for individuals with IDD throughout Kentucky. Oakwood staff work with families to provide care for a variety of medical needs, coordinate insurance and streamline the entire process. To learn more about Oakwood Specialty Clinic, call 606.677.4214. 

Funding for the Oakwood Specialty Clinic is provided by the Kentucky Department for Behavioral Health, Intellectual and Developmental Disabilities.



“People with intellectual and developmental disabilities and their families need expert, compassionate care.”

Trauma Informed Care *Transformation at Bluegrass*

Bluegrass set out on a year-long transformation to become a Trauma Informed organization. Trauma Informed Care is based on the understanding that many clients have suffered traumatic experiences and our organization is responsible for being sensitive to this fact. Trauma Informed Care involves understanding, recognizing and responding to the effects of all types of trauma by emphasizing physical, psychological and emotional safety for both clients and staff. Through Trauma Informed Care clients rebuild a sense of control and empowerment.

Becoming trauma-informed means recognizing individuals and families experience many different types of trauma. People who have been traumatized need support and understanding from those around them. Often, trauma survivors can be re-traumatized by well-meaning caregivers and professionals.

Bluegrass collaborated with the University of Kentucky Center on Trauma to conduct an organizational readiness assessment which became the blueprint for our Trauma Informed Care transformation. Specific objectives were targeted, a steering committee established and the creation of Trauma Informed Care Ambassadors. Ambassadors represent the entire organization from frontline staff to clinicians and directors, and promote themes of Trauma Informed Care throughout our 17-county service area.



“Through Trauma Informed Care clients rebuild a sense of control and empowerment.”

Bluegrass gathered information via staff and client surveys around secondary traumatic stress and feelings of safety and trauma responsiveness. Bluegrass is setting a course to revamp how staff assess clients for trauma in addition to incorporating evidence-based practices that are trauma informed. Bluegrass seeks to promote recovery and resilience for children, adults and families impacted by trauma. 🌈

Executive Team & Board Members

Paul R. Beatrice
President & CEO

Lora Adams, MBA, CHC, CHPC
Corporate Compliance and
Privacy Officer

David Phelps, MS
Oakwood Facility Director

Don Rogers, MA, LPP
Chief Clinical Officer

Dana Royse
Chief Financial Officer

Della Tuttle, MA
Chief IDD Officer

Peggy Tudor, Board Chair
Garrard

Phil Berger
Jessamine

Mary June Brunker
Harrison

Ben Chandler
Woodford

Jock Conley
Nicholas

Steve Fisher
Fayette

Scott Gould
Scott

Mary Stith Hamlin
Boyle

Ron Kibbey
Clark

Susanne McCullough
Lincoln

Connie Morgan
Franklin

Sunday Obi
Fayette

Taylor Porter
Fayette

Don Putnam
Fayette

Art Schechet
Fayette

Carolyn Seigel
Fayette

Lindsay Stewart III
Bourbon

Karen Ward
Clark

Linda Watt
Fayette

By the *Numbers*

DIFFERENT **80** PROGRAMS



23,942

TOTAL NUMBER OF UNDUPLICATED CLIENTS

48

PROGRAM

LOCATIONS

18,981

BEHAVIORAL
HEALTH

3,430



SUBSTANCE
USE

1,531

INTELLECTUAL AND
DEVELOPMENTAL
DISABILITY

\$1 MILLION

IN FREE CARE

106



Oakwood Residents



269

Licensed
Clinicians



1,177

Staff



92,000

24-Hour
Help Line Calls



387,000

Instances
of Service

\$112 MILLION ANNUAL BUDGET