Vision

That all Kansans use their talents and experiences to create thriving communities.

Mission

WSU Center for Community Support and Research partners with communities and organizations to strengthen Kansas through education, leadership development, facilitation and research.

Strengthening Organizations © Strengthening Communities
Across Kansas, CCSR Responds.

In 2012, the Center for Community Support and Research assisted over 100 Kansas-based nonprofits, community coalitions and government agencies to better fulfill their missions. Our ongoing partnerships with these groups is guided by several important factors.

Experience. For nearly 30 years, CCSR has helped organizations of every shape and size handle virtually every situation imaginable. We tap into our collective experience whether we’re assisting a small group of committed Kansans looking to improve the health of their community or a large city government hoping to cultivate their leadership to better meet the needs of those it serves.

Excellence. We help organizations, individuals and groups become more effective and efficient. Our researchers have developed useful tracking mechanisms to help groups determine their progress on selected goals. For planning, we frequently use individual— and group—based assessments to identify strengths and challenges. Through this process, groups are able to strategically respond to an increasingly complex environment.

Integrity. In order to help individuals, groups and organizations better fulfill their missions, it is critical that we understand them. CCSR staff approach each project with care and sensitivity. Our “design team” system helps us clearly define expectations and how our assistance can best meet their needs. Commitments made to, and by, the design team allow for the appropriate follow-up to determine the extent to which progress is being made.

Capacity Development. Over the years, we’ve made a lot of good friends in Kansas. One of the things that excites me most is seeing individuals, group and organizations grow stronger and better prepared to meet the needs of Kansas because of capacities we have helped them develop.

Partnering. Often Kansas communities and organizations face tough challenges that cannot be solved solely by one individual or organization. More often than not, it takes multiple organizations across community sectors to make progress. CCSR recognizes the need to develop strong partnerships that can help contribute to a collective impact.

I’m sure there are other factors that have contributed to CCSR’s responsiveness. I would be remiss to not mention a highly committed staff, volunteers, students and advisers who truly want to see Kansas become the best possible place to live. It is my pleasure to work with them and I look forward to working together in the future.

Scott Wituk, PhD
Executive Director
Leadership Development

The Leadership Development Team works to create change in Kansas communities and organizations by designing and facilitating immersive leadership experiences. These experiences are expertly tailored to challenge participants’ expectations, foster an innovative spirit and fuel the desire for continued learning.

“Viewing work through the lens of adaptive leadership has enabled us to better understand our challenges, consult with each other across departments and create new ways to address the challenges we face. CCSR’s approach to training and coaching gives us a chance to apply these ideas and hold ourselves accountable for progress.”

John Schlegel, director of planning, Wichita/Sedgwick County Metropolitan Area Planning Department

Recent activities include:
• leadership training
• individual coaching
• team/group coaching
• peer consultation
• leadership assessment
• curriculum development

Community Collaboration and Organizational Capacity Building

Our staff and associates combine well-established capacity-building techniques with innovative approaches that strengthen organizations and the teams that comprise them. We work closely with organizations’ boards and staff to identify organizational capacity needs, develop a plan to address those needs, implement capacity building activities and assess progress on organizational change.

“We asked CCSR to work with us when Communities That Care Reno County and YouthFriends were joining forces. CCSR facilitated the MBTI Assessment with our newly merged staff team and helped us think about how we work together. Then we went through a strategic planning process. Now we’re better equipped to offer a variety of services to individuals and families in our area.”

Sondra Borth, executive director, Reno County Communities That Care and YouthFriends

Recent activities include:
• strategic planning
• board development/training, board retreats
• succession planning
• community coalition building and facilitation
• meeting design and facilitation

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This CCSR team conducts state-of-the-art research and evaluation to help programs/organizations better understand constituent needs and document outcomes on an empirical and experiential level. CCSR frequently uses a collaborative approach in which researchers partner with members of the organization or community in order to tailor services to each unique group. This approach ensures that we’re able to meet the needs of our partners while implementing high quality research and evaluations.

“The Child Abuse Fatalities Community Response Team has worked with CCSR for several years and has always appreciated their commitment to high quality work and helping us meet our needs. They’ve provided us with invaluable facilitation and evaluation assistance that has helped us move forward as a coalition.”

Vicky Roper, director of education and awareness, Kansas Children’s Service League

Recent activities include:
- mental health research
- early childhood program evaluation
- civic leadership program evaluation
- youth leadership program evaluation
- aging/long-term care program evaluation
- survey design and administration
- focus group design and facilitation
- logic model development
- test development and validation
- needs/resource assessment

Mental Health Consumer Initiative

The Mental Health Initiatives team works with mental health service providers, mental health advocacy organizations, mental health administrators and consumer-run organizations (CROs) to provide the support, training and motivation needed to foster real change in the mental health community across Kansas.

“The training workshops that the Center for Community Support and Research provided for the staff at Osawatomie State Hospital and Rainbow Mental Health Facility have been invaluable. Training sessions provided an opportunity for participants to gain important insights from the mental health consumer perspective, engage in thought provoking dialogues and gain relevant knowledge to help mental health consumers on their individual recovery journeys.”

Heidi Holland, staff development specialist, Osawatomie State Hospital

Recent projects include:
- Certified Peer Specialist (CPS) training, technical assistance, testing and research— including training and supporting 100 Kansas CPSs
- Trauma-Informed Care training and technical assistance
- Wellness Recovery Action Plan training and technical assistance
- CRO capacity building technical assistance
- Spirituality and recovery integration technical assistance and research
- Youth Leadership in Kansas training, technical assistance and research
Fibromyalgia patient finds comfort in starting a support group

When community volunteer Rebecca McKanna was in need of a fibromyalgia support group she checked a variety of community resources, one of which was the online support group database coordinated by the Center for Community Support and Research (CCSR) and funded through an initiative by the Kansas Department for Aging and Disability Services. The database is one of the longest listings in the United States with over 2,000 community support groups, national organizations and websites. Groups on the list cover a wide range of topics, some of which include medical conditions, parenting, caregiving, grief and a variety of other topics.

“I just needed one,” said McKanna. “My family didn’t want to hear about it anymore. I prayed about it and when I couldn’t find a group, I decided I needed to start my own.”

McKanna held her first meeting in April. Only one other person came, but subsequent meetings have grown with as many as 16 people in attendance.

“Because of this group, I feel less crazy, less doubtful and a huge sense of relief. It’s wonderful being able to talk to people who know your struggles,” said McKanna.

Support groups are a responsible, cost-effective and practical means for people coping with life crises and health issues. Most groups are available free of charge and are led by peers. People who have been through similar circumstances not only sympathize, they know where others are coming from and can show that they are not alone.

CCSR recently updated the support group database and McKanna’s fibromyalgia group is a welcomed addition. The database can be found at kansashealthsolution.org/Sfm1.0.

For information on the support group services project, contact Angela Gaughan at angela.gaughan@wichita.edu or 316-978-5496.

“For a database of support groups visit: 
WWW.SUPPORTGROUPSINKANSAS.ORG”
The mission of CCSR’s Youth Leadership in Kansas (YLinK) program, supported by a grant funded through the Kansas Department for Aging and Disability Services (KDADS), is to provide youth-led, peer-to-peer groups in which youth with mental health concerns may establish leadership, advocacy and communication skills. In addition, YLinK helps participants improve family and peer relations, improve school engagement and performance and prepare for the transition to adulthood.

“YLinK to me means understanding, acceptance and family. YLinK is the one place I can go where it is perfectly okay to be myself,” said Katherine, age 14.

Currently, six YLinK groups are operating throughout the state; program staff from CCSR make quarterly visits to each site, providing technical support, education and training. These groups also participated in a two-day conference for YLinK members and their families in June, and an enhanced leadership training session for those in leadership positions. Feedback from these programs was positive and reflected the change youth have expressed they wish to see in their communities.

“Leadership for youth is important; they are community leaders, not just youth leaders,” said one parent of a YLinK participant.

In the future, CCSR intends to establish five additional YLinK sites across the state, as well as a curriculum for youth engagement and leadership developed by CCSR program staff.

For further information on YLinK programs, contact Sam Demel at samuel.demel@wichita.edu or 316-978-6474.

“YLinK is the one place I can go where it is perfectly okay to be myself.”

Top: Y-LinK participants come together and translate their thoughts and ideas into pictures and words to create a Mandala.
Left: A portion of a Mandala that Y-LinK participants created during a Leadership Retreat in August.
2012 WSU STUDENTS

Throughout the year, students at Wichita State gained hands-on experience by contributing to CCSR projects and initiatives. These students become members of CCSR project teams and are an important contribution to project success. We appreciate their efforts.

Bailey Blair | Social Work Graduate Program
Kaitlin Boger | Social Work Graduate Program
Jennifer Comes | Social Work Graduate Program
Candace Diemart | Health Services Management and Community Development Program
Victoria Eck | Emory Lindquist Honor’s Program
Stephanie Fowler | Emory Lindquist Honors Program
Emily Lancaster | Emory Lindquist Honors Program
Melissa Lemlek | Social Work Undergraduate Program
Samantha Phoungpanith | Emory Lindquist Honors Program
Shahla Pourkaram | Emory Lindquist Honors Program
Jeremiah Raymo | Social Work Undergraduate Program
Sarah Thompson | Social Work Undergraduate Program

“My experience at CCSR has clarified the world of research and evaluation for me. It is improving my ability to write and read technical texts and understand the implications of statistic use.”

Sarah Thompson

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Jeremy Raymo, social work practicum student at Wichita State University, is one of several WSU students who have contributed to and learned from work experiences at CCSR this year.

In 2004, Raymo was deployed to Baghdad, Iraq, as part of Operation Iraqi Freedom. He served as a squad leader in a light-infantry platoon, which completed over 300 combat missions. Unbeknowst to him, 2004 would be the second deadliest year (846 killed in action) for American soldiers in Iraq. In 2007, Raymo was honorably discharged from the U.S. Army and returned to civilian life. However, this transition was as frightening for him as his experiences in combat.

After his discharge, Raymo began to suffer from depression, anxiety and other disabling effects associated with post-traumatic stress disorder (PTSD). He found himself in and out of employment, destroying personal relationships and contemplating suicide. In the spring of 2009, a clinical social worker who had diagnosed him with PTSD suggested he attend an Iraq and Afghanistan PTSD support group. It was an experience that changed his life and aided in his path to recovery.

"There was a strong sense of camaraderie in the room which could only be shared by people with similar struggles and pains. I went to every meeting for several months. That group played an integral part in instilling a sense of hope in my life and was a key factor in returning me back to society as a functioning member," said Raymo.

Fast forward to August of 2012. Raymo found himself in his senior year at Wichita State University as a social work practicum student assigned to the Center for Community Support and Research (CCSR). As he learned about the breadth of services CCSR provides, he developed a strong interest in the work CCSR does with training certified peer specialists (CPS) across the state and ultimately attended a CPS training course held at CCSR. He currently plans on taking the CPS certification test so that he can help veterans like himself.

“I have learned so much about macro level social work practice. Before my placement at CCSR, I was unaware of the impact of the ‘behind the scenes’ social work has on a community. For me, being part of the CPS team and going through the training has taught me so much about the mental health system and what, as a CPS and social worker, I can do to improve it.”
WSU CCSR ADVISORY COMMITTEE

WSU advisory members provide important guidance and support the future direction of CCSR. Individually, and collectively, they provide a wealth of information and experience that help CCSR plan an important role in WSU’s urban serving mission. Their guidance and support is appreciated.

William Bischoff | professor, geology
Charles Burdsal | professor, psychology
Alex Chaparro | chair, psychology
Pete Cohen | dean, College of Health Professions
Kathy Coufal | chair, Communication Sciences and Disorders
Amy Drassen Ham | instructor, Public Health Sciences
Linnea Glenmaye | associate provost, Academic Affairs and Research
Doug Hensler | dean, W. Frank Barton School of Business

Zulma Toro-Ramos | dean, College of Engineering
William Vanderburgh | executive director, Office for Faculty Development and Student Success
Sharon Iorio | dean, College of Education
Grady Landrum | director, Office of Disability Services
Rhonda Lewis | professor, psychology
Ron Matson | interim dean, Fairmount College of Liberal Arts and Sciences
Teresa Radebaugh | director, Regional Institute on Aging
Nancy McCarthy Snyder | director, Hugo Wall School of Urban & Public Affairs

“Wichita State is not just a university in a city, it’s a university of the city—and no organization better reflects that position than the Center for Community Support and Research. CCSR’s assistance to government agencies, nonprofits and community coalitions helps organizations better fulfill their missions so that they can chart the course for a bright future in Wichita.”

Dr. Bardo, president, Wichita State University
More than 100 partners around the state of Kansas

Many of our partners serve or reach multiple counties, some statewide.

Access to Healthy Foods Workgroup of Live Well Lawrence
Association of Community Mental Health Centers of Kansas, Inc.
AWARE Northeast Kansas Bridge to Freedom, Inc.
Be Well Barton County
Bright Horizon, Inc.
Brown County Healthy Foods
Caring Place, Inc.
Catholic Charities (Start Strong Wichita)
Central Kansas Foundation
Central Kansas Mental Health Center
Chanute Community Foundation
Child Care Aware of Kansas
Children’s Alliance of Kansas
City of Wichita / Sedgwick County - Office of Central Inspection
Communities In Schools of Wichita/Sedgwick Co.
CRO's Nest, Inc.
Delta Dental of Kansas Foundation
Our partners (cont’d)

Derby Chamber of Commerce
Derby Community Marketing Partners
Disability Rights Center
Dodge City Peaceful Tribe, Inc.
DUI Victim Center of Kansas
Early Childhood Mental Health Advisory Council
East Central Kansas Public Health Coalition
Four County Mental Health Center
Friends University
Garden City/Finney County Healthy Community Design Team
Garden City Wolf Pack, Inc.
Girard Area Community Foundation
Governor’s Mental Health Services Planning Council (TIC Workgroup)
Greater Wichita YMCA
Health and Wellness Coalition of Dickinson County
Health and Wellness Coalition of Wichita
Heartland Healthy Neighborhoods
High Plains Independence, Inc.
Horizons Mental Health Center
Hutchinson Regional Medical Center
Johnson County Health Department
Journey to Recovery, Inc.
Kansas Alliance for Drug Endangered Children
Kansas Association of Community Foundations
Kansas Consumer Advisory Council for Adult Mental Health, Inc.
Kansas Department for Aging and Disability Services
Kansas Department for Aging and Disability Services Mental Health Team
Kansas Department for Children and Families (formerly SRS)
Kansas Department of Health and Environment
Kansas Department of Transportation
Kansas Department on Aging (now KDADS)
Kansas Health Foundation Community Foundations Convening
Kansas Health Foundation Healthy Community Initiatives
Kansas Health Foundation Physical Health & Wellness Advisory Group
Kansas Health Foundation Triangle Meetings
Kansas Health Solutions
Kansas Leadership Center
Kansas Volunteer Commission
Link Resource Group
Live Well Health & Wellness Committee of Crawford CountyLiving, Inc.
Mental Health Association of South Central Kansas
Morning Star, Inc.
Newton Public Library
Nonprofit Chamber of Service
Our partners cont’d

Nuts and Bolts, Inc.
Open Door, Inc.
Osawatomie State Hospital
Pathway Family Services
Prairie View Mental Health Center
Project Independence, Inc.
Project LAUNCH
PS Club, Inc.
Recovery and Hope Network, Inc.
Reno County Communities That Care Coalition
Reno County Crime Reduction Initiative
Riley County Health Department
Russell Child Development Center
Sedgwick County Community Development Disability Organization
SIDE, Inc.
Southeast Kansas Independent Living Resource Center, Inc.
Southeast Kansas Mental Health Center
Southwest Guidance Center
South Central Mental Health Counseling Center
St. Francis Community Services
Starkey, Inc.
Sunshine Connection, Inc.
TFI Family Services, Inc.
The Guidance Center
The Healthy Little Apple Coalition
Thomas County Coalition
Tobacco Free Wichita / American Lung Association of the Gulf Plains Region
Wichita Center for Graduate Medical Education
Wichita Child Abuse Fatalities Community Response Team
Wichita Metro Chamber of Commerce
Wichita Public Schools
Wichita State University Alumni Association
Wichita State University College of Health Professions
Wichita State University Electrical Engineering and Computer Science Department
Wichita State University Emory Lindquist Honors Program
Wichita State University Hugo Wall School of Urban & Public Affairs
Wichita State University Leadership Academy
Wichita State University Office of Faculty Development and Student Success
Wichita State University Office of the Provost
Wichita State University School of Oral Health
Wichita State University School of Social Work
Wings Upon the Prairie, Inc.
Workforce Alliance of South Central Kansas
Wyandot Mental Health Center
NEW STAFF

This year CCSR welcomes several new staff. With their diverse backgrounds and skills they will serve on a variety of projects across the state.

Bailey Blair | BA, research assistant
Diann Brosch | RN, project associate
Bill Fleming | AA, project associate
Judy Frick | MEd, project associate
Rickey Frierson | BS, project associate
Lacy Hansen | BGS project associate

Gina Maree | LSCSW, project associate
Becky Morgan | project associate
Samantha Phouangphanith | research assistant
Sarah Thompson | research assistant
M. Jason Vandecreek | project associate

“CCSR has helped the Wichita Public Library to step more deliberately into the world of libraries of the future. Staff teams now use case consultations as they evaluate opportunities to enhance service to citizens. Leadership team 360 assessments have provided new insight into ways to use our individual and collective strengths for better communication with each other and more effective decision-making for our department.”

Cynthia Berner Harris, director of libraries, Wichita Public Library
Jensen earns certification as Wellness Recovery Action Plan (WRAP) trainer

One new staff member is not new to CCSR. Nancy Jensen has worked part time at CCSR for the last five years. This summer she was hired as a full-time peer educator who works on the Certified Peer Specialist (CPS) team.

“In my new role I’m taking a training position rather than a logistics position. I also make sure the database on those we train is up to date,” said Jensen.

In addition, she proctors the monthly CPS exams. Recently Jensen participated in a Wellness Recovery Action Plan (WRAP) training in North Carolina. WRAP is an evidence-based, self-directed wellness tool developed by the Copeland Center for Wellness and Recovery to help people who have experienced emotional and psychological distress maintain their wellness, cope with internal and external stressors and deal with crisis situations.

“WRAP helps you on paper explore ways of how you are going to deal with a situation,” said Jensen. “The plan is very helpful in how you handle stress in your life or your work life, how you handle disturbing things that come up. Most of all it’s how you stay well.”

As WRAP has shown its effectiveness in the mental health field, it has been applied to other situations where people want to maintain wellness, such as diabetes and chronic pain. According to Jensen, “It’s not just for those with mental lived experiences; it’s also for anyone working on any issue in their life.”

Jensen is looking forward to sharing the skills she acquired at the training with community partners and other organizations. She will lead sessions presenting WRAP to groups of consumers and clinical staff. She will also be able to provide refresher courses for those who were trained in WRAP prior to its evidence-based practice (EBP) designation, assuring fidelity to the Copeland Center model.

“After having lived experience by being in the system and having social security disability for over 20 years, this position has been a goal of mine for many years. I’m looking forward to continue to learn and serve,” said Jensen.
CONTACT US

Phone ☎ 1-800-445-0166
            316-978-3843

Email ✉ CCSR@WICHITA.EDU

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@WSUCCSR

Address 🏡

office location
358 N. MAIN
WICHITA, KS

mailing address
1845 FAIRMOUNT, BOX 201
WICHITA, KS 67260-0201