

A new year often brings new traditions. CrossWinds is starting a new quarterly newsletter to keep you educated on mental health and how CrossWinds meets the needs in our communities.

CrossWinds History

Founded in 1960, CrossWinds Counseling & Wellness is a 501c3 Not for Profit licensed by the State of Kansas to operate as a Community Mental Health Center.

CrossWinds employs around 170 people and operates on an annual expense budget of approximately \$9,000,000. We employ a variety of mental health providers including psychologists, clinical social workers, marriage and family therapists, professional counselors, psychiatrists, case managers, attendant care workers, wraparound facilitators, and peer support workers. We also have a robust staff of accounting, billing, customer service, information technology, development, and operations. Our mission is to provide dynamic, culturally sensitive, high-quality behavioral health care to residents of Chase, Coffey, Greenwood, Lyon, Morris, Osage, and Wabaunsee counties in the most effective, caring, and efficient manner.

We are governed by a volunteer board of directors comprised of 2-5 members from each of the seven counties we serve; One Severe and Persistent Mentally Ill (SPMI) adult consumer and one family member of a Severely Emotionally Disturbed (SED) child or adolescent.

Letter from Amanda

At the beginning of a new year, a common question is "What's your resolution?" At CrossWinds, we are continuously creating new goals and ideas. We like to look back at the year before as it often lays the foundation to build upon and offers lessons learned. Our successes often give us the motivation and continued passion to move forward. Those successes would not have been possible without YOU! Your belief in our mission and generosity of time, talent and gifts allowed CrossWinds Counseling and Wellness to continue to provide our services throughout the pandemic; filling gaps for services and continuing to assist in breaking the stigma of mental health.

In 2021, we look forward to hope. Hope that stigma continues to break down and people feel comfortable and confident receiving the services that are needed. We also look forward to growth. We know that growth of our programs is becoming inevitable as we break down barriers and make services become obtainable. And finally, we look forward to celebrating. The pandemic has affected all of us, and I miss celebrating and sharing successes with people face to face. In 2021, we will celebrate you, our staff, and the continued accomplishments our staff and clients will achieve.

Thank you,
Amanda Cunningham



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