



Improving Health Care and Outcomes for Residents of Lincoln Parish

Initiative:	Healthier Outcomes & Access to Health Care
Project Name:	Family Counseling Center Program Expansion
Funding Period:	November 1, 2011 – October 31, 2012
Project Coordinator:	Sharon Kilcoyne, FCC
Project Administration:	Louisiana United Methodist Children Home & Family Services., Inc.
Total Funding Approved:	\$ 35,700.00

Program Summary

Family Counseling Center (FCC) is an outpatient counseling program which is one of many programs operating under the agency umbrella for LA United Methodist Children and Family Services, Inc. (LMCH). Programs and services provided specifically by Family Counseling Centers are listed below and 93% of services provided are to Lincoln Parish residents. The bulk of services provided by the specialty programs are counseling or psycho-educational in nature so there is some obvious over-lap between them.

This program will be an expansion of the existing counseling programs and if approved, will fund an additional 500 sessions for approximately 50 individuals from families who otherwise could not afford to access counseling services at all. In addition, the program will include some psychological assessments for children experiencing emotional or behavioral problems that may be indicative of disorders such as AD/HD, conduct problems, depression, learning disabilities, anxiety, and social skills deficits. These assessments would be beneficial for both diagnostic and treatment purposes.

The desired outcome will be to improve health care and outcomes for residents of Lincoln Parish thus improving their quality of life. The provision of such services will greatly enhance the quality of life of the individuals and families impacted as well as contribute to the well-being and stability of the community.

Agency Series Overview

(a) **Family and Marital:** FCC offers professional counseling for families and marriages experiencing a host of problems and issues including pre-marital, marital conflict resolution, separation, divorce, and grandparents raising grandchildren. The community seeks to promote and preserve families whenever possible and provide support and encouragement to family members transitioning through the trauma of divorce when it is inevitable.

(b) **Children:** Children's counseling services are one of several specialty counseling services offered to residents here in Lincoln Parish. Services offered include Play Therapy (a research-supported and specialized treatment for young children), Filial Therapy (a therapy involving parents teaching them to more effectively communicate and interact with their children), parenting classes and counseling, Trauma-Focused Cognitive Behavioral Therapy or TF-CBT (a specialized and highly effective treatment for children who have experienced trauma), Behavior Management (a structured plan for addressing behavioral problems with children), and special-emphasis therapy addressing the needs of children experiencing divorce accompanied by parental instruction on successfully co-parenting through-out and after divorce.

(c) **Trauma:** FCC offers specialized services to assist children and adult clients in the recovery from trauma. FCC sees clients who have been traumatized by many events such as emotional, physical, and sexual abuse, natural disasters and accidents, death and divorce, violence, and illness. Effectively treating the after-effects of trauma which can include major depression, anxiety, and Post traumatic Stress Disorder, requires the knowledge and skills of a trained and experienced clinician

(d) **CVA Child Abuse Counseling Program:** This program is funded, in part, by a federal grant that is managed through the Louisiana Commission on Law Enforcement and is designated to serve victims of crime. Crime includes sexual and physical abuse, domestic violence, drunk driving, homicide, rape, robbery, and more. The program's emphasis is on victims of physical and sexual abuse but also serves victims of other crimes. This eleven-year old program was begun initially to provide specialized treatment primarily to residential youth housed at LMCH. Over the years, because the need in the community was great, this program has included an increasing number of clients from the community at large and has expanded from exclusively serving children to include adults who have been impacted by crime.

(e) **Community Education:** FCC believes strongly in being good stewards of the resources provided to us. Doing much with little separates us from for-profit entities. One way FCC strives to do this is by providing preventative and educational services to the community that help individuals and families in the community identify problems, develop skills to address problems, and access resources that will partner with them to find solutions. This is accomplished through a host of endeavors.