



Improving Health Care and Outcomes for Residents of Lincoln Parish

Initiative:	Healthier Outcomes & Access to Health Care
Project Name:	Mental Health Services Initiative
Funding Period:	January, 2013 – December, 2013
Project Coordinator:	Sharon Kilcoyne, FCC
Project Administration:	United Methodist Children & Family Services, Inc.
Total Funding Approved:	\$ 120,815.00

Program Summary

The 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). The FCC provides quality, affordable counseling and educational services for Lincoln Parish residents and specializes in counseling services related to children, relationships and trauma recovery.

The FCC Mental Health Services initiative is a combination of two previous 2012 grants funded by Lincoln Health Foundation through NELA United Way, namely the FCC Program Expansion and Community Health Collaborator grants. The consolidation of these grants into a single initiative will enable accomplishment of the three following grant objectives:

- Continuation of Mental Health Services For Indigent Residents of Lincoln Parish
- Collaboration of Family Counseling Center With Community Organizations
- Integration of Family Counseling Services Into Other Grants Funded by the Foundation

The results achieved through the Program Expansion Grant and the Community Mental Health Collaborator grants in 2011-2012 created the platform from which the Mental Health Services initiative will be implemented. During the first three quarters of 2012 the Family Counseling Center provided over 1,700 therapy sessions, an increase of approximately 20% in sessions provided during the same period the previous year. The Program Expansion Grant funded by the Foundation provided 290 counseling sessions during the first three quarters of 2012 impacting the lives of approximately 1,160 parents, siblings and friends. Of the 290 counseling sessions, 210 took place at the Family Counseling Center. The remaining sessions were

provided on-site at the Boys and Girls Club and Howard School. The Mental Health Services Initiative will enable **continuation of mental health services for indigent residents of Lincoln Parish.**

During 2012 collaborative relationships were developed by the Family Counseling Center with local pediatricians, Boys & Girls Club, Lincoln Parish Schools at Howard School, Trinity United Methodist Church, Montessori School of Ruston, Lincoln Parish Library, North Central Alliance Partners in Prevention Coalition, Louisiana Tech University and University of Louisiana at Monroe. These relationships consisted of a variety of engagements which included placement of counselors on site, provision of on-site group counseling services, community training involving cyber bullying, ADHD, filial therapy and other mental health topics. Collaboration with community organizations will be continued in the Mental Health Services Initiative to enable **collaboration of Family Counseling Center with community.**

One of the primary objectives of the 2013 Mental Health Services Initiative involves the **integration of Family Counseling Center** services into other grants funded by Lincoln Health Foundation. Relationships have been established with The Health Hut (mobile medical care unit), Seeker Springs and Life Choices to provide on-site, or referral of, mental health services to indigent clientele who would benefit from the variety of counseling and educational services provided by the Family Counseling Center. Establishing referrals and providing Family Counseling Center services to existing Foundation grants is a priority of the Mental Health Services initiative.