



Improving Health Care and Outcomes for Residents of Lincoln Parish

Approved Funding Summary

Initiative:	Healthier Outcomes & Access to Health Care
Project Name:	Mental Health Services Initiative Year 5
Funding Period:	January, 2017 – December, 2017
Project Coordinator:	Sharon Kilcoyne, Family Counseling Center
Project Administration:	Louisiana United Methodist Children & Family Services, Inc.
Total Funding Requested:	\$ 216,932.50

Program Summary

The Family Counseling Center (FCC) is an outpatient counseling program which is one of many programs operated under the agency umbrella for Louisiana United Methodist Children and Family Services, Inc. (LMCH). The FCC provides quality affordable counseling and educational services for residents of Lincoln parish and surrounding areas, and specializes in counseling services related to children, relationships, and trauma recovery.

The FCC Mental Health Services initiative has been funded by the Lincoln Health Foundation for the past four years. It is the primary platform used by the Foundation to address identified barriers that indigent residents of Lincoln Parish have experienced historically in accessing mental health services. In addition to providing mental health services to the poverty-stricken, this initiative provides educational and therapeutic support to agencies and providers in Lincoln Parish who provide “caregiving” services. The four primary objectives of this initiative for 2017 are as follows:

- Provision of Counseling for Underserved Residents of Lincoln Parish
- Provision of Mental Health Education for All Residents of Lincoln Parish
- Collaboration of the FCC with Other Grants Funded by the Foundation
- Collaboration of the Family Counseling Center with Other Community Organizations

Provision of Counseling for Underserved Residents of Lincoln Parish

The total number of counseling sessions provided at FCC and Grace in 2016 was 4,040. Of these sessions, 1,274 were provided through LHF funds, which is about 32% of the total sessions at FCC. This indicates a strong need to continue providing counseling services to the residents in need in the community.

Provision of Mental Health Education for Residents of Lincoln Parish

In 2016, FCC provided mental health education through multiple means and reached numerous people. Community trainings were provided to LPS personnel, National Guard, various church groups, agencies, and more. A few examples of 2016 training topics were Suicide Awareness and Prevention, Stress Management, A Framework of Understanding Poverty, Parenting, ADHD, and Agency Team Building.

FCC also increased their marketing in 2016, participating in a number of agency fairs, National Guard, school events, and church events. In trying to get the word out about The Center, they passed out over 2,000 marketing items, such as pens, bags, chip clips, etc. They also appointed a staff member to oversee their Facebook page. Through all of these efforts, FCC has received more counseling referrals and requests for additional mental health education opportunities.

Collaboration of the FCC with Other Grants Funded by the Foundation

In 2013 the Foundation established the priority of integrating FCC mental health services into other organizations that receive funding by the Foundation. As a result, FCC has established counseling service relationships with five large organizations whose clientele are primarily indigent. FCC provides on-site counseling services at the following organizations, thereby eliminating access barriers due to transportation or other access difficulties:

- The Health Hut & Cypress Spring Elementary School (mobile medical care for the indigent with a part-time on-site therapist from FCC)
- Boys & Girls Club (individual, group, and educational services)
- Lincoln Parish Schools (FCC trainings are now on LPS calendars for monthly scheduled Professional Development Days)
- Elisha Ministries (*Believing in You* groups located at First Baptist Church)
- Life Choices (many scheduled counseling activities)

Referral relationships to FCC from other LHF-funded grantees who provide services to the indigent have been established to ensure that mental health services are available to as many Lincoln Parish poverty-stricken residents as possible.

Collaboration of the Family Counseling Center with Other Community Organizations

The development and maintenance of relationships between the FCC and community organizations will continue with the following:

- Louisiana Tech University and University of Louisiana at Monroe (access to counseling interns)
- Pine Hills Advocacy Sexual Assault Center (therapy services to younger victims of crime)
- Ruston Police Department / Lincoln Parish Sheriff's Dept. / Ruston Fire Department. (input for indigent residents and quarterly trainings)
- Area Physicians (referrals)
- Ruston Mayor, Ronnie Walker (Veteran's Day parade, collaboration possibilities)
- Union Parish Coalition (2016 Youth Summit)
- Council on Aging (art therapy projects)
- DART (counseling groups for sheltered women & children)
- Louisiana Center for the Blind (counseling services)
- Lincoln Parish Military (specialty programming for PTSD and mental health counseling, abundant OWL center use and events, equipment use)
- Area Churches (indigent counseling, locations for presentations, involvement with Vacation Bible School)
- Area Community Organizations (introduction of services to the indigent in Lincoln Parish)

There are already several scheduled projects for 2017. Other opportunities for additional events will arise and be scheduled during the year.

Budget Summary – 2017

Budget Item	Description	Funds Requested
Salaries (No Benefits)	Full-time Counselor (\$47,872.50) – Increased Demand Full-time Counselor (\$47,500.00) – Increased Demand Part-time Comm. Collaborator – \$25 (26) hr./wk (52 wks) (\$33,800) Part-time Therapist-Health Hut - \$60 (12) hr./wk (52 wks) (\$37,440) Part-time Therapist-Cypress Springs - \$50 (16) hr./ wk. (36wks) (\$28,800)	\$195,412.50
Therapeutic Supplies	Counseling Related Supply Items	\$4,500
Community Events	<p>3rd Annual Partners’ Appreciation Luncheon: LHF partners and community agencies, churches, and others</p> <p>Open House and Ribbon Cutting at Grace</p> <p>DART Team Building Event</p> <p>Life Choices Training Events</p> <p>Lincoln Parish Schools Mandated trainings</p> <p>Ruston Fire Department: Quarterly trainings</p> <p>Groups for Caregiver Stress, Grief and Loss, etc.</p> <p>Expansion to Outlying areas of the Parish</p> <p>OWL Activities</p>	\$10,000
Marketing	Includes cards, brochures, promotional items, ads in local publications, materials needed to promote educational events. Also includes meals for collaborative partners to discuss programs and plans for providing services.	\$ 6,000
Travel	Remote/“Out of Office” Services (\$0.51/mi)	\$1,020

TOTAL FUNDING:

\$216,932.50

“Excess Funds” from 2015 Grant:

\$ 17,505.79

Total Funding Request for 2016 Grant:

\$199,426.71