



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 6
Funding Period:	January, 2018 – December, 2019
Project Coordinator:	Sharon Kilcoyne, Family Counseling Center
Project Administration:	Louisiana United Methodist Children & Family Services, Inc.
Total Funding Approved:	\$ 216,972.50

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 five 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

Goals and Objectives

Funding requested for the upcoming year will continue the previous year's grant objectives. Our desire is to deliver mental health services in a more efficient manner and be good stewards of the funds entrusted to our agency for these services. Our objectives are to continue the following:

- Provide counseling for underserved families and individuals in Lincoln Parish
- Provide mental health education for all residents of Lincoln Parish
- Collaborate with LHF funded organizations
- Collaborate with community first responders, churches, agencies, schools, etc.

Objective 1. Counseling Services

Individual, family and group sessions will continue to be provided at Family Counseling Center, First Baptist Church Enrichment Counseling Center, Grace United Methodist Church, Health Hut, Cypress Springs Elementary School, Lincoln Parish Early Childhood Center (LPECC) and Ruston Head Start.

Objective 2. Mental Health Education

In 2018, FCC will provide mental health education through multiple means. FCC has witnessed how different modalities of delivery of education strengthens the retention and interest in the topic. We continue to experience an increase in counseling referrals and requests for future training events. Community trainings will continue to be provided.

Examples of training topics provided in the Year 5 grant:

- Suicide Awareness and Prevention
- Stress Management
- Bullying
- A Framework for Understanding Poverty
- Understanding Grief
- Compassion Fatigue
- Caregiver Stress
- Parenting
- ADHD
- Technology Safety
- Classroom Behavior Management
- Agency Team Building

**Objective 3. Collaboration of Family Counseling Services with Other LHF Grants
Health Hut and Cypress Springs Elementary School.**

Part-time, on-sight therapists are provided by FCC to collaborative agencies. Our desire is to continue these collaborations and increase services. Each organization has reported an increased need for mental health services at their site. FCC will continue collaboration of services with the following organizations: Boy's and Girl's Club, Lincoln Parish Schools' Trainings, Elisha Ministries, Life Choices, and Louisiana Tech University.

Objective 4. Collaboration of FCC with Community Organizations (not LHF).

Collaboration will continue with the following organizations: Lincoln Total Community Action (Head Start), Trinity United Methodist Church, First Baptist Church Enrichment Counseling Center, Mt. Zion 2 Baptist Church (Dubach), Believing in You Ministries, Area Physicians, Council on Aging, Pine Hills Advocacy Sexual Assault Center, DART, Louisiana Center for the Blind, Christian Community Action, Truancy/FINNS, Ruston Fire Department, Lincoln Parish Sherriff's Department, Ruston Police Department, Lincoln Parish District Attorney, Ruston Mayor and the Lincoln Parish Military Personnel.

2018 Scheduled Projects:

The events listed below are those scheduled at this time. Other opportunities for additional events will arise and be scheduled during the year.

- Bullying Prevention trainings- January 2018
- 4th Annual Partners' Appreciation Luncheon
- Ribbon Cutting at Grace – February 2018
- Open House at Grace – July 2018
- Life Choices quarterly meetings
- Life Choices groups and events
- LPS trainings and events
- LPS counseling groups in requested schools
- RFD quarterly trainings
- "Believing in You" monthly groups
- Cypress Springs Elementary School Fall Stress Management/Self Care event

2018 Projected Projects:

The events listed below are being planned for implementation during 2018.

- Currently in communication with Arbor and Terrace Assisted Living to provide Groups for Caregiver Stress, Grief and Loss, etc.
- Establish a recovery group for those effected by the Head start fire

- Establish at least 2 on-going groups through Grace United Methodist Church
- OWL activities
- Continue ongoing collaborative efforts with First Baptist Church Enrichment Center
- Establish a relationship with Lincoln Parish Fire Department
- Develop a collaborative group between LP Sherriff's Office, Ruston Police Department and other first responders to provide trainings to meet their needs, education on recognizing mental health and how to approach individuals, provide Poverty training and Community Resiliency Model. Plans are to provide trainings in provided room by LP Sherriff's Office.
- Establish a relationship with Freedom 13 Ministries
- Establish a relationship with Louisiana Agriculture
- Expansion of services to outlying areas in the parish

