



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 4
Funding Period:	January, 2015 – December, 2015
Project Coordinator:	Sharon Kilcoyne, FCC
Project Administration:	Louisiana United Methodist Children & Family Services, Inc.
Total Funding Requested:	\$ 163,061

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 Lincoln Parish residents and specializes in counseling services related to children, relationships and trauma recovery.

The FCC Mental Health Services initiative has been funded by Lincoln Health Foundation for the past three 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 indigent, this initiative provides educational and therapeutic support to agencies and providers in Lincoln Parish who provide “caregiving” services. The three primary objectives of this initiative for 2015 are as follows:

- Provision 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

Provision of Mental Health Services for Indigent Residents of Lincoln Parish

The need for mental health services to indigent residents of Lincoln Parish has continued to be validated since inception of the Mental Health Initiative in 2011. Counseling sessions provided to the indigent at the FCC and Howard School increased 55% in 2014 compared to prior year. This increase occurred in spite of two months of interrupted services due to renovation of the FCC facility. The FCC is now in a better position to accommodate the significant increase in demand for services as a result of these renovations. Foundation funding has enabled the FCC to purchase additional therapeutic equipment, tools and resources to meet these demands from an increasing population of Lincoln Parish residents who are experiencing situational and generational poverty. Funding for the implementation of new strategies that address the mental health needs of the indigent – particularly those residents who lack education, possess a generational poverty belief system, and lack transportation – will be a priority in 2015.

Collaboration of Family Counseling Center with Community Organizations

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

- Life Choices (counseling services);
- Louisiana Tech University and University of Louisiana Monroe (access to counseling interns);
- Pine Hills Advocacy Sexual Assault Center (therapy services to younger victims of crime);
- Lincoln Parish Schools (Alma J. Brown Elementary – 92% indigent student population)
- Ruston Police Department / Lincoln Parish Sheriff's Dept. (input for indigent residents)
- Lincoln Parish Military (specialty programming for PTSD and mental health counseling)
- Area Churches (indigent counseling services and poverty education presentations)
- Area Community Organizations (introduction of services to the indigent in Lincoln Parish)

Integration of Family Counseling Services with Other LHF Grants

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 three 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 (mobile medical care for the indigent)
- Boys & Girls Club (individual, group and educational services)
- Lincoln Parish Schools (counseling services for Cypress Springs Elementary – 68% indigent)

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 indigent residents as possible.

Budget Summary

Budget Item	Description	Funds Requested
Salaries & Benefits	Fulltime Therapist (\$53,997) Part-time Comm. Collaborator – 20 hr./wk (\$30,069) Contract Therapist – Health Hut – 12 hr./wk (\$37,440) Contract Therapist – Cypress Springs – 16 hr./wk (\$28,800)	\$150,306.
Supplies	Office supplies for new staff, meetings and trainings	\$4,500
Outdoor Wilderness Center Activities and Events	<u>Planned OWL Center Events & Activities - 2015</u> <ul style="list-style-type: none"> • 2 Educational/Team-Building Events for Cypress Springs Elementary School Teachers and Students • 1 Family Wilderness Camp for Indigent Families Seen Through Family Counseling Center • 2 Therapeutic/Educational Events for Lincoln Parish Veterans, Veteran Family Members (PTSD) and Indigent Service Providers (150 Participants) 	\$4,000
Travel	Remote / "Out of Office" Services (\$.50/mi)	\$ 255
Marketing / Advertising	Information pamphlets, flyers, promotional media and collaborative partners event expenses	\$4,000
TOTAL FUNDING:		\$163,061