



Improving Health Care and Outcomes for Residents of Lincoln Parish

Initiative: **Healthier Outcomes & Access to Health Care**
Project Name: **Mental Health Services Initiative – Year 3**
Funding Period: **January, 2014 – December, 2015**
Project Coordinator: **Sharon Kilcoyne, FCC**
Project Administration: **Louisiana United Methodist Children & Family Services, Inc.**
Total Funding Requested: **\$ 143,430.**

Program Summary

The Family Counseling Center (FCC) is an outpatient counseling program which is one of many programs operating 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 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.**

In 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 involved 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.

For 2014, a new collaborative effort has been implemented for Cypress Springs Elementary School beginning January 2014. FCC counseling services will be provided one (1) day a week at the school to address prevalent issues including anger management, family issues and behavior problems that inhibit children from being successful in school. The school will provide a private room for counseling sessions and locked storage space. Portable play therapy tools and materials will be purchased to maximize therapy with children. The therapist would also be available for teachers and staff in handling circumstances outside their comfort zone, such as pregnant 5th graders. This collaborative effort includes the following: (1) FCC will provide mandated training to Lincoln Parish School personnel on topics such as Bullying and Suicide Prevention and Awareness, and (2) staff team building and compassion fatigue training at the OWL.