

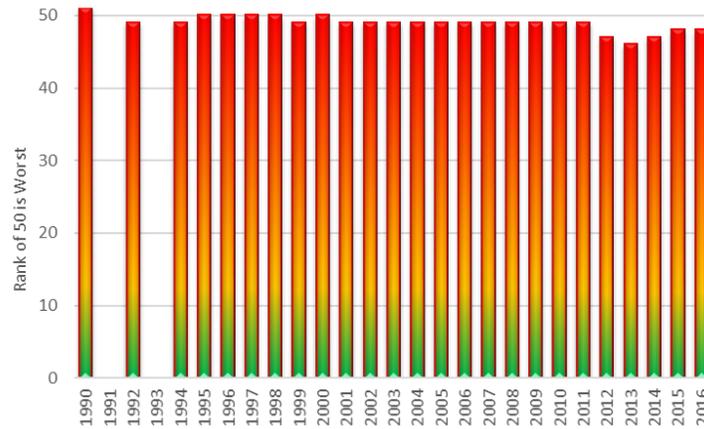


## LOUISIANA UNITED METHODIST CHILDREN AND FAMILY SERVICES STATISTICAL REPORT OF SERVICES PROVIDED DURING 2016

### Louisiana's Children Need More ...

No compassionate person can overlook the incredible needs and deficits of Louisiana's children and families. Long ranked at the bottom among the states on child well-being, Louisiana has a poor record of caring well for children. Louisiana is a state of poverty: 27% of Louisiana's children live in families with income below the Federal Poverty Level. Children are hungry.

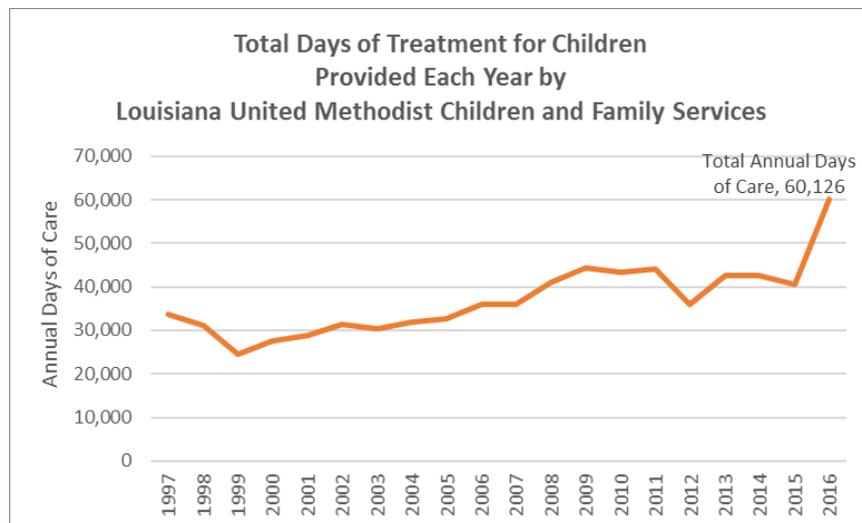
**Louisiana's KIDS COUNT Child Well-Being Rank  
Among the States: 27 Years at 49th in U.S.**



Compiled by Louisiana Methodist Children's Home from annual KIDS COUNT reports.

### So, We Strive to Do Even More.

Given the incredible needs of Louisiana's children, we seek to do more each year than ever before. During 2016, Louisiana United Methodist Children and Family Services provided more care to more children and families than in any previous year. We are committed to meeting the needs of Louisiana's children. We seek to strengthen Louisiana's families.





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### **We are Compelled by God's Love**

The love of God compels us to pursue our mission: We guide children and families home to experience God's love by following the teachings of Christ. We employed 765 staff members during 2016 who intentionally and vigorously pursued our mission. Together, we touched more lives than in any previous year by providing services to 27,900 individuals.

From Methodist Foster Care's therapeutic foster care services offered throughout Louisiana, to the Family Lodge at the OWL Center where we host entire families so they spend weekends with their children who are residents of Louisiana Methodist Children's Home; from special education teachers in Howard School who inspire a child's curiosity to our dietary staff members who serve delicious, nutritious meals; from our Mental Health Specialists in three children's homes whose care allows children to sleep safely without fear; to our nurses, nurse practitioners and physicians who provide medical care to all our residents – wherever we are, wherever the "Home" is – we actively and enthusiastically pursue our mission. **We guide children and families home to experience God's love by following the teachings of Christ.**

### **Louisiana's Methodist Children's Homes**

Our three United Methodist children's homes are strategically located in the bootstrap, heel and toe of Louisiana's boot-shaped state. In addition to the residential care we provide at Louisiana Methodist Children's Home, Methodist Children's Home of Greater New Orleans, and Methodist Children's Home of Southwest Louisiana, from these three children's homes, we also reach into communities across Louisiana with services for families and children.

### **Intensive and Comprehensive Residential Care for Children and Adolescents**

Our three children's homes are licensed by Louisiana's Department of Health as Psychiatric Residential Treatment Facilities. We provide the most intensive, comprehensive and holistic residential care available to Louisiana's children. We receive requests for care from throughout Louisiana from parents; from managed care organizations; from custodial state agencies including the Department of Children and Family Services, the Office of Juvenile Justice, and the Louisiana Department of Health; from clergy and from healthcare professionals.

During 2016, 289 children received care in our three children's homes. 195 youth resided on our Ruston campus, 50 were residents of our Mandeville program, and 44 resided on our Sulphur campus. The average length of stay by campus varied: Ruston – 147 days, Mandeville – 113 days, and Sulphur – 168 days.

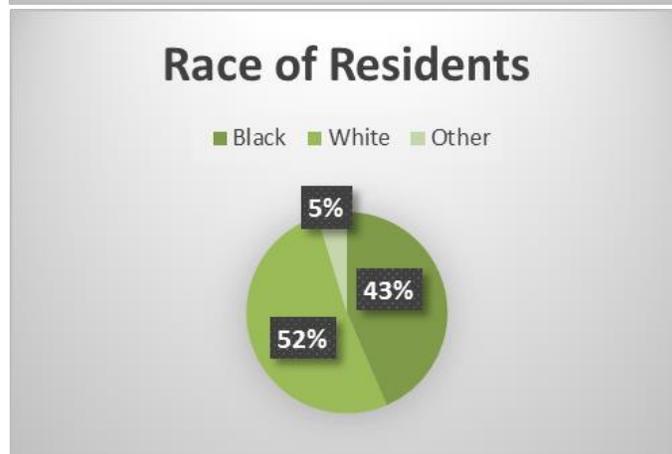
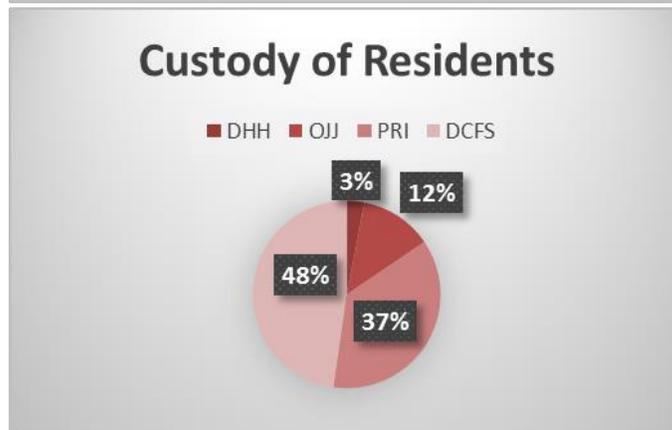
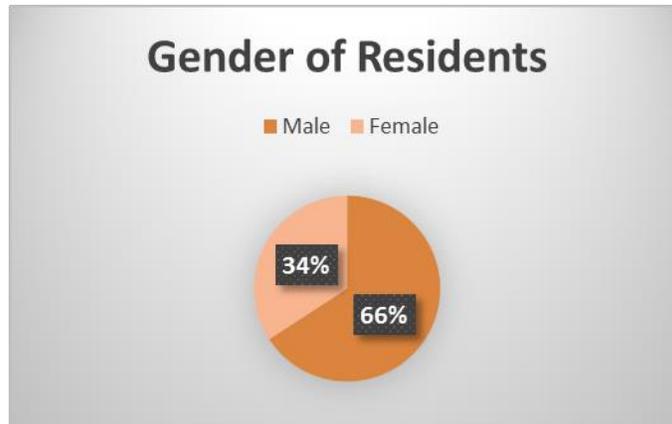
Among our three children's homes, we provided 41,700 actual days of care during 2016, operating at 91% of potential capacity. The reduction in utilization is a consequence of remodeling the Lewis Building on the Ruston campus and placement delays consequent to managed care operations.



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### Residential Occupancy

Residential Treatment Facility	Potential Days of Care	Actual Days of Care	Percentage of Capacity
Louisiana Methodist Children's Home	30,744	28,647	93%
Methodist Children's Home of Greater New Orleans	6,588	5,652	86%
Methodist Children's Home of Southwest Louisiana	8,766	7,401	84%
<b>TOTAL</b>	<b>46,098</b>	<b>41,700</b>	<b>91%</b>





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### HOWARD SCHOOL

The Lorraine Howard Educational Center, commonly known as “Howard School”, is located on the Ruston campus of Louisiana Methodist Children’s Home. Licensed by Louisiana’s Department of Education as an alternative school, Howard School provided alternative educational services to 204 youth during the 2016 calendar year. Of these students, 190 were residents of Louisiana Methodist Children’s Home and 14 were off-campus youth from the local school district. The average daily student count for educational services of Howard School and the John Allen Vocational Center was 82.

The school, inclusive of the vocational center, consists of a faculty of sixteen well-trained and certified professionals along with numerous support staff working to provide quality educational services to the youth. Howard School was fortunate to have added a part-time guidance counselor in the fall of 2016 along with an art educator who provides instruction to both middle and high school students. These two program additions greatly benefitted the students in the latter half of 2016.

End-of-course testing at the high school level resulted in a success rate of 50%. Youth who passed earned appropriate high school course credits; however, the passing rate decreased by 12% compared to the previous year. On the other hand, middle school performance on the Louisiana assessments yielded a significantly improved level of success compared to the previous school year – approximately 59% of the middle school students taking the state assessments received passing scores; this was a 17% increase over the previous year’s passing rate.

Approximately 51% of the students who began the school year at Howard School were not attending at the time of testing. Each year the high turnover rate negatively impacts the state calculated school performance score for this alternative school. In addition, most of the students who are served have been enrolled in numerous schools throughout their lifetime and have often been enrolled at several schools within the same year. Frequent school placements along with individual psychological needs pose an academic challenge to our youth; they are more than likely than not well behind their peers in most academic areas and generally need significant support to achieve academic success.

Of particular interest, Howard School incorporated a software/web-based program for credit recovery in the previous year which allowed many of our high school students to take courses for credit hours toward a high school diploma. This program is very beneficial to our high school students so that they may earn course credit in classes that they may have previously failed or earn credit in classes that would not have otherwise been available through on-campus instructors and may have been impossible to schedule due to limited faculty already having full schedules or certifications. Six students were able to gain additional high school credits in 2016 through this program.

The John Allen Vocational Center served 57 students. Students from the local school district comprised 13 of that number or 23%. Four students from the HiSET (GED) program earned a High School Equivalency Diploma by taking the required coursework and successfully passing the HiSET exam to



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achieve this significant goal. Also, one student achieved a standard high school diploma by completing on-line course work in our high school computer lab. This marked an increase in the number of graduates over the past year by three youth, and the passage rate for the 2016 class of HiSET test takers was 80%.

The Lorraine Howard Educational Center and the John Allen Vocational Center remain educational staples at the Louisiana Methodist Children's Home's Ruston campus positioned for a great future that incorporates a collective vision focusing on improving student outcomes regardless as to short-term or long-term placements. The Education Department at the Louisiana Methodist Children's Home intends to achieve the stated mission by which all educators and support staff intend to continue to embrace – helping every child to rise and achieve to his or her fullest academic potential while providing the essential supports of safety, care, and guidance to help youth emerge into a traditional setting and develop as a productive citizen.

### **The OWL Center**

The Outdoor Wilderness Learning Center or “OWL Center” served over 13,000 individuals in 2016 in a variety of programs. The OWL Center provided therapeutic recreation to residents of all three Methodist Children's Home campuses, while increasing outreach programs in Louisiana communities.

The **Henning Conference Center** hosted over 5,000 visitors last year. It was used for numerous LMCH functions, including the staff Christmas luncheon, summer program activities, staff meetings, and trainings. Community events included weddings, family reunions, workshops, summer camps, and church/ business retreats.

The **Thomas Henning Family Lodge** is used by LMCH youth's family members, volunteers, and staff from satellite offices. LMCH youth enjoy being able to stay with their families and take part in family therapy, including equine-assisted family sessions.

With over 1500 participants in 2016, the **ropes course** continues to be popular with groups of all ages and backgrounds. Visiting community groups included churches, athletic teams, schools, and business corporations. Many of these groups come back every year, and incorporate the ropes course into their events as an important teambuilding tool. Ropes activities focus on problem solving, leadership skills, effective communication, and trust. The staff and youth from LMCH have the opportunity to take part in high and low ropes challenges throughout the year. These elements provide youth with a chance to get out of their comfort zones, and to develop problem solving and communication skills. It also builds the bond between youth and staff, an important facet of the CARE model.

The OWL Center continues to have an active volunteer program, hosting groups from as far away as Minnesota. They came with a wide range of talents, as well as the most important asset for any OWL volunteer: the willingness to work! OWL volunteers cleared trails, cleaned fence, worked in the orchard, painted and cleaned buildings, and worked on various construction projects. Under the supervision of



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our Screaming OWL Production Manager, volunteers made the majority of the salsa and jelly produced in 2016. A core group of volunteers assisted with various lessons and groups at the equine center throughout the year. Each volunteer group is taken on a tour of the facility, providing a chance to spread the word about the ministry of the Children's Home.

Summer program for our Ruston MCH youth saw youth participating in the high and low ropes course, maze activities, canoeing, swimming, mountain biking, horseback riding, and much more! Residents of our children's homes and others – like the North Louisiana Rotary Club's RYLA Leadership camp which celebrated their 6 year with us in 2016 – fill our bunkhouse and cabins for fun, teambuilding, and personal growth. Participants enjoy swimming, canoeing, the ropes course, maze and equine assisted learning activities.

### **OWL Center Partnerships**

The OWL Center continued to partner with LMCH's Family Counseling Center in offering equine assisted therapy for families and individuals. The OWL Center also hosted the second annual Military Family Day for approximately 600 members of the local National Guard and their families. We were honored to open up our beautiful campus to these service men and women. Despite the rain, the conference center, petting zoo, horseback rides, arts and crafts, and band made Military Family Day another huge success.

### **OWL Equine Program**

The therapeutic horsemanship program served over 1800 individuals in 2016. The horsemanship class continues to be the most popular OWL program for LMCH residents. Youth are taught to safely handle, care for, and ride horses, with each week's lesson centering around a life skills theme, such as responsibility, setting goals, following directions, and respect. These classes are a wonderful opportunity for our youth to practice communication, compassion and patience. OWL staff also brought the horses down to the Sulphur campus, and provided equine therapy and low ropes activities to the youth there.

An increased number of community groups participated in Equine Assisted Learning sessions, focusing on group goals like teambuilding, communication, and problem solving. OWL staff brought horses to Med Camps of Louisiana weekly during their 8-week summer camp, and also went to their Fall Festival. OWL staff also began making regular visits to a local nursing home, bringing goats, horses, donkeys, and therapy dogs to visit the residents. The staff there tell us that the visits are much appreciated and enjoyed!

Equine Assisted Psychotherapy is a vital part of our equine program, and proves that therapy can be beneficial and fun for youth, therapists and staff alike! In EAP, participants learn about themselves and others by participating in activities with the horses, and then processing feelings, behaviors, and patterns. Non-verbal communication, assertiveness, problem-solving, responsibility, and confidence are



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several examples of the tools developed by EAP. Many MCH youth are not responsive to traditional talk therapy, and EAP is a powerful tool to help them ‘unlock’ certain habits and destructive behaviors.

The OWL Center offers therapeutic horsemanship classes thanks to our 2 PATH Certified instructors. The number of therapeutic riding lessons for individuals with handicaps increased, as well as therapeutic horsemanship classes for youth from the community. A grant funded by the Living Well Foundation allowed the equine center to offer a free horsemanship class for at risk youth from Lincoln Parish. During two 12 week sessions, 18 youth ages 7-16 took part in equine assisted learning activities and horsemanship classes. The response from their guardians was overwhelmingly positive, with several commenting that they had seen positive changes in their child’s behavior and self-esteem.

### **FAMILY COUNSELING CENTER**

The Family Counseling Center (FCC) is a community counseling center located on the grounds of Louisiana Methodist Children’s Home in Ruston, Louisiana. Counseling services are available for individuals, couples, families, and children.

Programs	Families	Individuals	Sessions
FCC, Grace United Methodist Church/Family Enrichment Center	318	954	4128
Group Sessions	107	107	21
Health Hut	152	152	152
Cypress Spring Elementary School (Individual and Groups)	524	568	494
Head Start (Ruston, Farmerville & Dubach)	43	77	77
FCC Community Events at the OWL	304	680	
Community Education/Trainings	1428	1428	
Distribution of marketing and educational materials		5400	
Prevention Services through Publications/Facebook/Radio		4300	
Referrals to Community Services	303	303	
<b>Total Served</b>	<b>3179</b>	<b>13,969</b>	<b>4872</b>

The table above details the services provided to the community by the Family Counseling Center. The Family Counseling Center served individuals and families in 8 parishes providing mental health counseling and psychoeducational services to over 13,969 individuals.

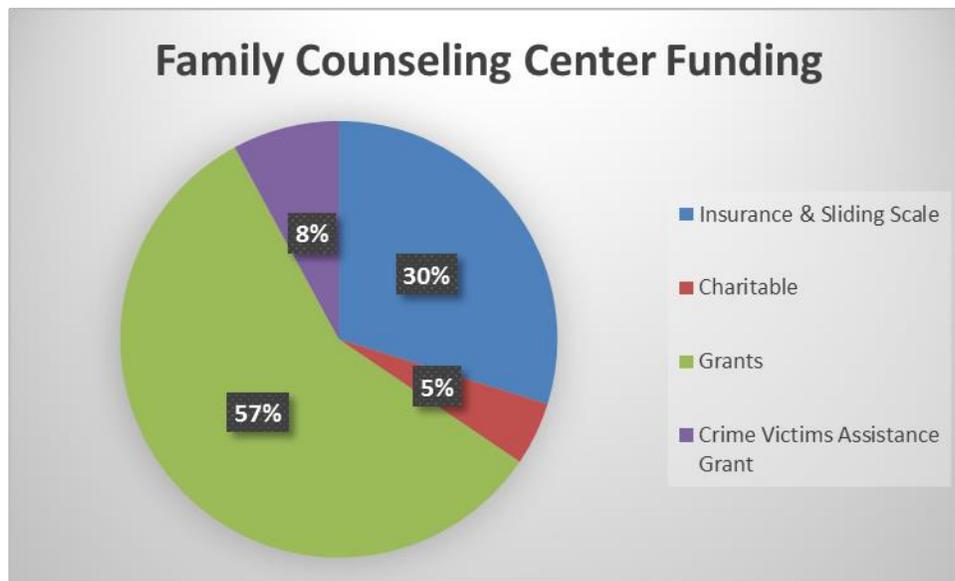
A positive consequence of outgrowing our own facility on the Ruston campus has been the spread of our services into local and surrounding communities. Counseling sessions were provided at FCC, Grace United Methodist Church, First Baptist Family Enrichment Center, Head Start (Ruston, Dubach and Farmerville), Health Hut and Cypress Springs Elementary School. Group counseling sessions were provided at Council on Aging and Believing in You/ Elisha Ministries, Cypress Springs Elementary School, DART and Head Start locations.



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Family Counseling Center strives to meet the needs of families by focusing on specialty areas in children's services, trauma recovery and marriage and family issues. In addition to improving our counseling skills, we strive to be a vital part of the community. It is our belief that partnering with a purpose across a diverse spectrum of programs and organizations is most effective in addressing the complexity of the mental health issues affecting our community. During 2016, our Family Counseling Center continued to build relationships within the community to help strengthen this collaborative bond.

**Funding:** The Family Counseling Center is supported with fee for service revenue, grants and the charitable support received from donors whose contributions allow the Family Counseling Center to continue operations. The revenues are detailed in the chart below.



**Total number of sessions:** The Family Counseling Center provided 4128 counseling sessions during 2016. An additional 152 sessions were provided at Health Hut, 494 at Cypress Springs Elementary School and 77 individual and group sessions at 3 Head Start sites. Twenty-one group sessions were provided in the community.

**Partnerships:** Our FCC partnership with Lincoln Parish Schools continued with Family Counseling Center providing mandatory trainings for school personnel and co-locating a therapist at Cypress Springs Elementary School 2 days a week. FCC therapists continue to provide counseling at Health Hut 2 days a week. In 2016, the Family Counseling Center began a partnership with Head Start programs in Union Parish following a similar model as we use with Ruston Head Start. Family Counseling Center provides quarterly trainings Ruston Fire Department. Family Counseling Center continues to collaborate with physicians, community agencies, first responders and churches. In 2016 we hosted the second



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Community Partners Appreciation Luncheon which was well attended. We also began a partnership with Longstraw St. Peter's Baptist Church working with an at-risk youth program.

FCC partnered with the OWL to provide the following in 2016:

- Field Day for Cypress Springs Elementary 5<sup>th</sup> graders
- Youth Summit for Union and Lincoln youth leadership program.
- Two events for youth from St. Peter's Baptist Church in Longstraw, Louisiana
- Tours for multiple groups to introduce OWL programming
- Military Day for the 527<sup>th</sup> and 1023<sup>rd</sup> National Guard soldiers and their families

The Military Initiative is an effort to meet the mental health needs of our soldiers and their families throughout the state. FCC has continued to be involved in National Guard events including Yellow Ribbon events, Suicide Prevention Run and providing tours at the OWL. FCC explored the possibility of a partnership with Idaho Reboot Camp for veterans with PTSD.

FCC continues to partner with the master's level counseling programs at Louisiana Tech University and University of Louisiana at Monroe by providing an internship site.

**Educational Community Presentation:** Community trainings have included ADHD, Parent-Child Relationship Training, Suicide Prevention, Stress Management, Classroom Management, Cyber Bullying and the Effects of Technology on the Sexual Health of our Youth. These trainings have been offered in collaboration with local community agencies, churches and schools.

### **LIFE SKILLS TRAINING CENTER**

#### **INDEPENDENT LIVING PROGRAM, CASE MANAGEMENT, AND TRANSITIONAL LIVING SERVICES**

During 2016, within the Monroe Region Independent Living Skills Program, 242 structured classes were presented to 14-17 year olds. Of these youth, 83 were in DCFS custody, 211 in OJJ custody and 100 were other custody. Children in the care of our agency, other child care agencies and in foster care have attended classes in subjects such as apartment hunting, check writing, banking, nutrition and many other subjects related to living independently. Each participant in the Independent Living Program receives a pre-assessment and post-assessment with the Ansell-Casey Assessment tool. During 2016, the average score on pre-assessment was 49% with the average on post-assessment's being 67% for a pre-assessment/post-assessment average of percentage change of 26%.

On July 1, 2016, we began serving youth of the Covington Region. The number of structured classes presented to 14-17 year olds in this Region was 41. There were 50 DCFS youth served. Staff provided case management services to 6 youth aged 18-26 in the Monroe Region. The Covington Region served 50 youth ages 18-26. Due to the inclement flooding that took place in this Region more youth of this population were in need of services. These former foster children were assisted in finding housing services; food and emergency SNAP benefits: helped to move into a new place to live; guidance through



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the registration process for college and vocational training; connection with community resources and assisted while attending court.

### METHODIST FOSTER CARE

During 2016, Methodist Foster Care provided Louisiana's most intensive foster care services to 115 children. With regional offices in Ruston, Monroe, Alexandria and Lafayette, we are expanding our reach into the Lake Charles region and to the Northshore of Ponchartrain. **We must have more foster homes!** We are preparing a statewide media campaign and have employed Methodist Foster Care Recruiters who are working in every region of Louisiana as we seek to recruit, train and certify Therapeutic Foster Families for Louisiana's most desperate foster children. Visit [www.MethodistFosterCare.com](http://www.MethodistFosterCare.com).

The map below indicates communities in Louisiana where Methodist Foster Care has one or more therapeutic foster families.

