



## LOUISIANA UNITED METHODIST CHILDREN AND FAMILY SERVICES STATISTICAL REPORT OF SERVICES PROVIDED DURING 2015

### Compelled by God's Love

Compelled by God's love, and with the continued support of the Louisiana Annual Conference of the United Methodist Church, our 560 staff members intentionally and vigorously pursued our mission during 2015. We touched more lives than ever before by providing services to 24,592 people – an increase of 19% over 2014.

From our new Methodist Foster Care which we launched on December 1, 2015, and the therapeutic foster care services we provided at year end to 57 children, to the Family Lodge we host at the OWL Center so families can spend weekends with their children who are residents of Louisiana Methodist Children's Home; from a Development worker inspiring a couple's generosity to the elementary school children who benefit from the treatment we offer in their school; from the Mental Health Specialists in our Home in Mandeville whose care allows young boys to sleep without fear; to our nurses who provide medical care to all our residents – wherever we are, wherever the "Home" is – we are actively pursuing our mission. **We guide children and families home to experience God's love by following the teachings of Christ.**

The 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, from these three children's homes, we reach into communities across Louisiana with services for families and children.

### Residential Treatment Centers

Our three children's homes are required to carry licensure by Louisiana's Department of Health and Hospitals 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 state custodial agencies including the Department of Children and Family Services, the Office of Juvenile Justice, and the Department of Health and Hospitals; from clergy and from healthcare professionals.

Because Louisiana's Department of Health and Hospitals required our residential treatment centers to participate in the Louisiana Behavioral Health Partnership, all referrals were forwarded to Magellan of Louisiana (the statewide management organization) for authorization. If Magellan approved the referred child for services and the child met our criteria for admission, the child would be admitted as soon as possible when a bed became available.

On December 1, 2015, Louisiana Behavioral Health Partnership was replaced by Bayou Health's management of behavioral health services. Five managed care organizations now perform the work Magellan performed. At year end, our transition into Bayou Health was incomplete and we had not entered network contracts with any of the five Bayou Health companies. During December, 2015, our three children's homes admitted only a single child into care. During the first 11 months of 2015, we averaged five admissions and discharges each week among our three facilities.

In spite of transition difficulties in December, during 2015, we served a total of 280 individuals in our three children's homes. 185 youth resided on our Ruston campus, 49 were residents of our Mandeville program, and 46 resided on our Sulphur campus. The average length of stay by campus varied: Ruston



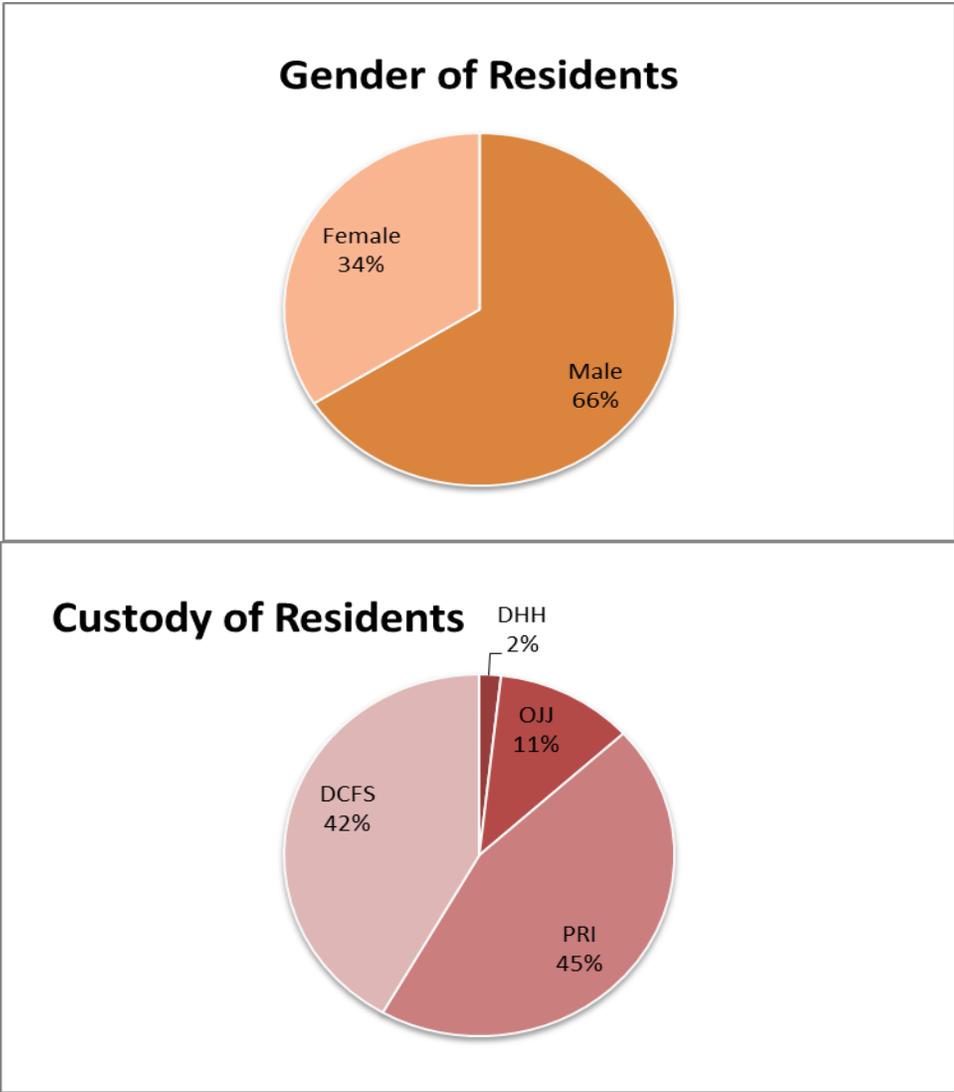
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– 141 days, Mandeville – 122 days, and Sulphur – 185 days. (The total number of individual youth is 10 less than the sum of all three campuses because we served 10 individual youth on at least two of our campuses.)

Among our three children’s homes, the licensed days of care possible during 2015 totaled 46,720 days. Of these possible 46,720 days of care, we provided 40,639 actual days of care, operating at 87% of potential capacity. Possible Days of care were reduced in Ruston due to remodeling of the Reception Center.

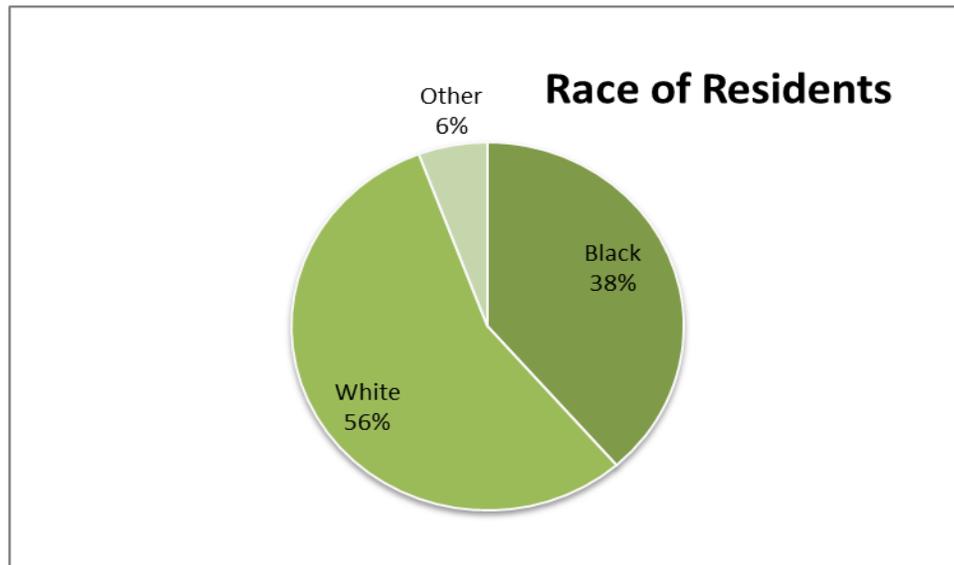
### Residential Occupancy

Residential Treatment Facility	Potential Days of Care	Actual Days of Care	Percentage of Capacity
Louisiana Methodist Children’s Home	30,660	26,131	85%
Methodist Children’s Home of Greater New Orleans	7,300	5,993	82%
Methodist Children’s Home of Southwest Louisiana	8,760	8,515	97%
<b>TOTAL</b>	<b>46,720</b>	<b>40,639</b>	<b>87%</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 228 youth during the 2015 calendar year. Of these students, 190 were residents of Louisiana Methodist Children’s Home and 38 were off-campus youth from the local school district. The average daily student population of Howard School and the John Allen Vocational Center was 101.

End of course (EOC) testing at the high school level resulted in a success rate of 62% among the students who took these tests and thereby earned course credits. Junior high performance on state assessments yielded a similar level of success compared to the previous school year – approximately 42% of all students taking the tests received passing scores.

Approximately 61% of the students who began the school year at Howard School were not attending at the time of testing. This high turnover rate negatively impacts the state calculated school performance score for this excellent alternative school particularly when many of the students who enroll at Howard School throughout the year have been enrolled at several schools during the same school year.

Of particular interest, Howard School incorporated a software/web-based program for credit recovery in 2015 which has allowed many of our high school students to take courses for credit as well as remediation in targeted areas thereby better equipping them for greater success in achieving a high school diploma upon exiting this alternative school. In 2015 100% students enrolled in this credit recovery program, Edgenuity, allowed for students to participate in courses that would not have otherwise been available via on-campus instructors and/or too difficult to schedule due to limited faculty already having full schedules.



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In addition, the John Allen Vocational Center served 65 students. Students from the community comprised 29 of that number or 45%. Two students from the adult education program earned a High School Equivalency Diploma by taking the required coursework and passing the HiSET exam to achieve this significant milestone in their lives. Also, the passage rate for the 2015 class of HiSET test takers was 50%. Finally, through the guidance of our carpentry instructors in 2015, the students constructed a covered outdoor break area for MCH staff to enjoy.

Howard School and the John Allen Vocational Center remain an educational staple at Louisiana Methodist Children's Home's Ruston campus with a great future incorporating a collective vision focusing on improving student outcomes regardless as to short-term or long-term placements. The planning began in the fall of 2015 to expand student opportunities and encourage students to reach greater goals of attainment in 2016. The Lorraine Howard Educational Center intends to live up to the mission by which all educators and support staff intends 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 OUTDOOR WILDERNESS LEARNING CENTER (“The OWL”)**

Nearly 13,000 visitors were welcomed to the OWL Center in 2015. We provided a variety of activities for MCH youth; as well as served the community with our campus and programs.

The Henning Conference Center was visited by over 5,700 people last year. It was used for numerous LMCH functions, including staff Christmas luncheon, summer program activities, and various trainings. It was also utilized by the community for events such as weddings, family reunions, workshops, summer camps, and church/ business retreats.

The Thomas Henning Family Lodge continues to be utilized by MCH youth's family members and staff from satellite offices. Our youth enjoy being able to stay with their families and take part in family therapy. They also have the opportunity to strengthen family bonds by spending time together in our wilderness setting. Guests have noted they enjoyed the chance to “get away from it all.”

With over 2,100 participants in 2015, the ropes course continues to be popular with groups of all ages and background. This year's outside groups included churches, athletic teams, school groups 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 teambuilding events throughout the year. This is a great way to build relationships between the youth and staff. These elements provide the chance to get out of their comfort zones and stretch and grow together.

Volunteers continue to be a major part of the OWL's success. We hosted groups all over Louisiana and from as far away as Michigan. As always, they came with a wide range of talents, as well as the most important asset for an OWL volunteer: the willingness to work! OWL volunteers cleared trails, worked in the greenhouse, painted and cleaned buildings, and worked on various construction projects. We continue to expand our group of volunteers who come to pick fruit in our orchard and help make salsa and jelly. Over 1,000 volunteer hours were logged at the OWL Center in 2015.

The equine program had nearly 1,400 visits in 2015. The horsemanship class continues to be the most popular program at the OWL for MCH youth. Youth were taught to safely handle, care for, and ride



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horses. Each week has a 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. Community groups, including the Lincoln Leadership class utilized the team building component of the equine program. OWL staff brought horses to Med Camps of Louisiana weekly during the summer camp months. Equine Assisted Psychotherapy is a vital part of our equine program and was greatly utilized in 2015, proving 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 several examples of the tools developed by EAP. Therapy groups last 8-10 weeks, and last year's topics included anger management, self-esteem, and peer interaction. The OWL Center was able to offer therapeutic horsemanship classes thanks to our 2 PATH Certified instructors. These classes are a great resource for our community. PATH certified riding classes help children and adults with physical, mental and emotional challenges find strength and independence. We are excited to grow this program in 2016! In addition to therapeutic riding, programs include services in human growth and development for educational purposes such as leadership training, team building and other enhancement skills for daily use.

Summer program for our Ruston MCH youth also continued; with youth participating in the high and low ropes course, maze activities, canoeing, swimming, mountain biking, horseback riding, and much more! Boys and girls were able to utilize our facilities for summer camp activities over the summer months. This summer the OWL once again hosted the North Louisiana Rotary Club annual RYLA Leadership camp for young leaders. Seventy-five teenagers and 20 RYLA camp counselors and staff filled up the bunkhouse and cabins for a week of fun, teambuilding, and personal growth. They participated in pond events, ropes course, maze and equine assisted learning activities. We look forward to hosting their camp for this 5th year in June of 2016. Our new bathhouse at the bunkhouse complex should be completed before summer 2016 which will help us better accommodate larger groups in the future.

The OWL Center partnered with LMCH's Family Counseling Center for several new events in 2015, including 2 "Family Wilderness Weekends" where at risk families came to the OWL Center for a long weekend of fun and therapeutic activities. The OWL Center also hosted the first annual Military Family Day for approximately 450 members of the local National Guard and their families. We were honored to open up our beautiful campus to these service men and women. Our ropes course, petting zoo, horseback rides, field games, and fishing were all a huge hit at Military Family Day.

2015 was a successful year of growth for the OWL Center and we look forward to touching even more lives in 2016!



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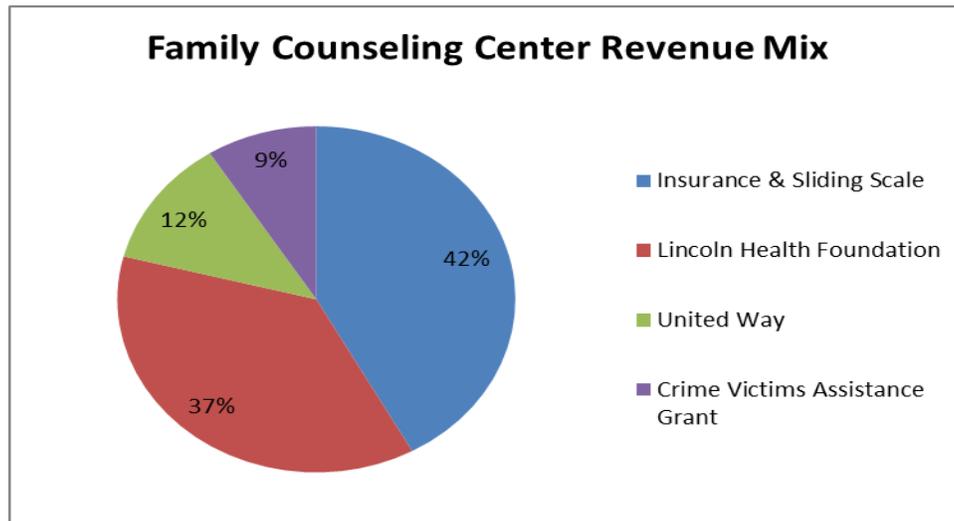
**FAMILY COUNSELING CENTER**

Programs	Families	Individuals	Sessions
Counseling at FCC	420	1231	4104
Health Hut	125	125	399
Cypress Spring Elementary School	514	555	384
FCC Community Events at the OWL	289	425	
Community Education/Trainings	1492	1492	
Distribution of marketing and educational materials		4,500	
Prevention Services through Publications/Facebook/Radio		2,009	
Referrals to Community Services	223	223	
<b>Total Served</b>	<b>3063</b>	<b>10,560</b>	<b>4887</b>

The table above details the services provided to the community by the Family Counseling Center, the organization’s outpatient counseling program located on the grounds of Louisiana Methodist Children’s Home in Ruston, Louisiana. The Family Counseling Center served individuals and families in 7 parishes providing mental health counseling and psychoeducational services to over 10,560 individuals.

In addition to general mental health services, the Family Counseling Center meets 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 2015 the FCC 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 non-charitable revenues are detailed in the chart below.





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**Total number of sessions:** The Family Counseling Center provided 4104 counseling sessions during 2015. An additional 399 sessions were provided at Health Hut and 384 at Cypress Springs Elementary School. Beginning January 2015, our counselor at Cypress Springs Elementary School increased from one day a week to two days a week.

**Partnerships:** The Family Counseling Center continues to partner with Life Choices, Health Hut, Cypress Springs and Elisha Ministries. The Family Counseling Center provides counseling for Life Choice clients which are funded through a Life Choice's grant. We provided 73 sessions to this group in 2015. The partnership with Lincoln Parish Schools continued with the Family Counseling Center providing many of the mandatory trainings for school personnel. In 2015 the Family Counseling Center began a partnership with Head Start providing counseling for students, consultation for teachers, and counseling and referrals for parents. The Family Counseling Center initiated a partnership with Ruston Fire Department and provided breakfast for each shift to begin our journey. The Family Counseling Center continues to collaborate with physicians, community agencies, first responders and churches. In 2015 we hosted the first Community Partners Appreciation Luncheon which was well attended.

FCC partnered with the OWL to provide the following in 2015:

- Family Wilderness Weekend for FCC clients
- Team building day for the teachers and staff from the local Head Start Program
- Team building day for the teachers from Cypress Springs Elementary
- Equine therapy with current FCC clients (17 sessions)
- Military Day for the 528th soldiers and their families

LUMCFS began the Military Initiative in an effort to meet the mental health needs of our soldiers and their families throughout the state. We have been involved in three yellow Ribbon events utilizing sand trays and offering trainings specific to the needs of the groups. The OWL staff participated in the Yellow Ribbon event in Baton Rouge utilizing their portable equipment to help with communication and team building.

FCC continues to partner with the master's level counseling programs at Louisiana Tech University and University of Louisiana at Monroe by providing internship sites at FCC, Boys and Girls Club and The Health Hut.

**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.

### **FAMILY PLUS**

The year 2015 was a year of significant expansion and transition for the Family Plus Program. In May 2015, the Shreveport Family Plus office ceased providing MultiSystemic Therapy (MST) services; in August 2015, the Monroe Family Plus office ceased providing MST; and in December 2015 the Lake Charles Family Plus office ended MST. Along with these transitions, new Family Plus sites were added in Shreveport, the Greater New Orleans area, and Baton Rouge.

Factors to consider when reviewing this data: 1) a reduction in MST services across the Family Plus sites as they transitioned out of MST and into Family Plus (through attrition of cases without adding new



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MST cases), 2) Significant non-client centered efforts to lay effective groundwork for the addition of new Family Plus programming, such as meeting with potential partners, collaborators, developing a referral system, establishing new policy and procedure, etc.

Family Plus has expanded its scope and now serves families and individuals across the state in three ways:

1. Family Plus is actively working to become a direct support to pastors and congregations in the Louisiana Annual Conference of the United Methodist Church. Our goal is to do this through providing transitional supports to United Methodist pastors during re-assignment within the conference, through becoming a direct referral to congregations for clinical supports, and through offering workshops, support groups, and trainings as needed by congregations, as well as the other services of any particular church, such as day care programs, early intervention programs, services to the homeless, etc.
2. Another goal of Family Plus is to provide supports to the communities of Louisiana through collaborations with other non-profit organizations serving communities throughout the state. There are many amazing non-profits in Louisiana working to provide services to communities. Many lack the resources necessary to create a holistic approach to this. By establishing relationships with other non-profits and developing collaborations with them, we are able to assist in providing much needed clinical services to programs that are unable to provide this key element of the healing process. By aligning ourselves with other non-profits and creating a team approach to community involvement, people struggling in communities are able to receive food, shelter, health care, life skills, job training, parenting classes, AND clinical services. Creating a team approach with other non-profits allows individuals in Louisiana to get the most basic needs met, as well as clinical support. And through this team approach, all non-profits involved are able to provide more service to the community without struggling to attain additional resources in order to do this.
3. In addition to congregational and community supports, Family Plus is able to provide services to persons in the communities who are seeking out clinical supports on their own. Family Plus offers a diverse array of clinical services that includes individual, family, marital, and group therapy, and the Family Plus clinicians are trained to address a broad array of emotional and behavioral issues to all age groups.

MST services provided for the year 2015 include services provided by the three previous MST sites in Monroe, Shreveport, and Lake Charles. A total of 85 families were provided counseling services in the year 2015 through the MST Program. This is a reduction in service of only 13 clients from 2014, despite multiple transitions across the state occurring. The chart below summarizes the services provided by each site.

MST SITE	SERVICE DATES	FAMILIES SERVED
Lake Charles	January 1 - December 18, 2015	24
Monroe	January 1 - July 31, 2015	18
Shreveport	January 1 - May 31, 2015	43
<b>TOTAL FAMILIES SERVED</b>		<b>85</b>



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### **LIFE SKILLS TRAINING CENTER**

#### **INDEPENDENT LIVING PROGRAM/CASE MANAGEMENT-TRANSITIONAL LIVING SERVICES**

During 2015, within the Independent Living Skills program, 327 structured classes were presented to 325 14-17 year old youth. Of the 325 youth; 97 were in DCFS custody, 188 in OJJ custody and 40 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. Our staff provides services to a catchment area which covers all of northeast Louisiana; from Lincoln Parish to the Mississippi River. Each participant in the Independent Living Program receives a pre-test and post-test for independent living skills assessment. During 2015 the average score on pre-tests was 43% with the average on post-tests being 69% for a pre-test/post-test average percentage change of 37%.

Staff provided case management services to four youth ages 18-21. These youth were assisted in finding housing services; helped to move into a new place to live; guidance through the registration process for college and vocational training; connection with community resources and assisted while attending court.

### **METHODIST FOSTER CARE**

In October, 2015 we learned of the announced exit from Louisiana of the state's largest provider of Therapeutic Foster Care services. Providing Therapeutic Foster Care services has been on our strategic planning radar as a potential service since 2011. Consequently, we were prepared to step into the gap and create replacement services for children requiring Therapeutic Foster Care.

On Tuesday, December 1, 2015, Louisiana Methodist Children's Home received a Child Placing License (#16305) from Louisiana's Department of Children and Family Services' Bureau of Licensing. Immediately, our new Methodist Foster Care staff cranked up all the activities required to build a Therapeutic Foster Care program.

By December 31, 2015, we had successfully created Methodist Foster Care by interviewing and hiring staff, applying for a Child Placing License, writing policy and procedure manuals, submitted a proposal and contracting with DCFS for 100 TFC beds. We ended 2015 with certified TFC homes for 53 children and are making progress toward the contracted 100 beds.