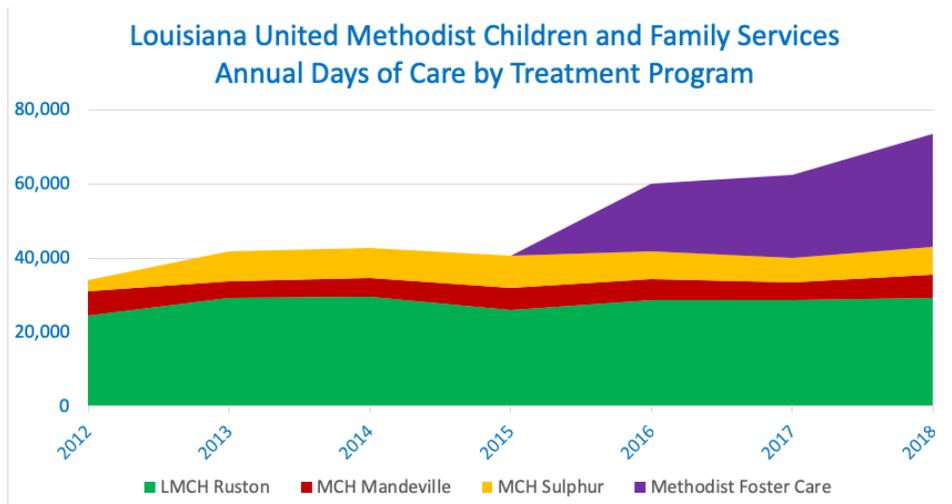
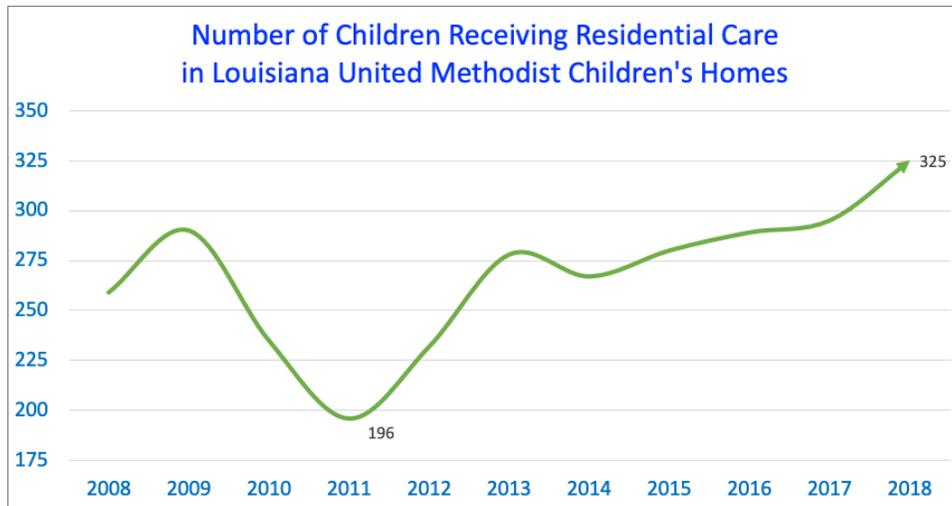




## LOUISIANA UNITED METHODIST CHILDREN AND FAMILY SERVICES STATISTICAL REPORT OF SERVICES PROVIDED DURING 2018

### We Care for Louisiana’s Children and Families

During 2018 the active pursuit of our mission led Louisiana United Methodist Children and Family Services to provide care to even more children and families than in previous years. In addition, we added new services and worked to perfect those already in operation. The mission that drives us? **We guide children and families home to experience God’s love by following the teachings of Christ.**





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### Louisiana's Methodist Children's Homes

The three United Methodist children's homes are 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

Louisiana Methodist Children's Home, Methodist Children's Home of Southeast Louisiana, and Methodist Children's Home of Southwest Louisiana are licensed by Louisiana's Department of Health as Psychiatric Residential Treatment Facilities. Our three campuses provide the most intensive, comprehensive and holistic residential care available to Louisiana's children and adolescents. We receive requests for care from throughout Louisiana from parents; from other treatment facilities; 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 2018, 325 children received care in our three children's homes. Among our three children's homes, we provided 42,906 actual days of care during 2018, operating at 93.3% of potential capacity. This represents a 6.5% increase over 2017.

### Residential Occupancy

<b>Residential Treatment Facility</b>	<b>Potential Days of Care</b>	<b>Actual Days of Care</b>	<b>Percentage of Capacity</b>
Louisiana Methodist Children's Home	30,660	29,184	95.2%
Methodist Children's Home of Greater New Orleans	6,570	6,298	95.8%
Methodist Children's Home of Southwest Louisiana	8,760	7,424	84.8%
<b>TOTAL</b>	<b>45,990</b>	<b>42,906</b>	<b>93.3%</b>

### HOWARD SCHOOL

The Lorraine Howard Educational Center or "Howard School" is located on the Ruston campus of the Louisiana Methodist Children's Home. Licensed by Louisiana's Department of Education as an alternative school, Howard School provided educational services to 226 youth during the 2018 calendar year. Of these students, 223 were residents of the Louisiana Methodist Children's Home and 3 were off-campus youth from the local school district. The average daily student count for educational services on any given day at Howard School and the John Allen Vocational Center was 84.

With the support of the Clinical Department and mental health specialists, youth attended classes at the school for a full day of instruction rather than being taught in the more restricted buildings of Lewis and Scott. Youth attending school in these buildings or more restrictive settings averaged roughly 6% of the



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total student population at any given time. Staff from all areas of the facility made it possible for youth to receive more “seat time” in a traditional school setting which helped youth better adjust when returning to their home schools upon discharge. This instructional model is on-going and will hopefully correlate to better student outcomes when the academic school year ends once again in May 2019.

The school, inclusive of the vocational center, consisted of fourteen well-trained and certified professionals along with numerous support staff working to provide quality educational services to youth served. In addition, a part-time guidance counselor worked to meet the needs of youth throughout the year ensuring student schedules matched their graduation plans and academic goals. The guidance counselor’s role to evaluate student transcripts, develop student schedules, monitor student progress, and handle the State of Louisiana assessments was an asset to the school and aided in its ability to ensure student success.

End-of-course testing at the high school in 2018 resulted in a passing rate of 65%; this was a 7% increase over the previous year. Also, Carnegie credits were awarded to high school youth that remained in care long enough to complete grading periods. In the middle grades, the English language arts passing rate on the state assessment was 54% while math was lower at 43%. While the results are generally a disappointment, the data points to the high number of discharges, late arrivals, and emotional issues present that generally affect youth behavior as well as overall school performance. Regardless, the data remains as a primary component for the school’s focus in planning staff development for the 2019-20 school calendar year.

Only 23% of the students who began the school year and were counted in the October 1 count remained in care and were present for the spring 2018 assessment. This high turnover rate negatively impacts the state calculated school performance score for this alternative school.

In the high school computer lab, the web-based credit recovery program allowed for students to take courses for Carnegie Credit hours toward a high school diploma. Youth earned course credit in classes that they may have previously failed and/or earned credit in classes that would not have otherwise been available through on-campus instructors. In 2018 eleven credits were earned by youth enrolled in computer-based credit courses; this marked a slight increase over the past year. One student earned his HiSET (GED) diploma by taking the required coursework and successfully passing the HiSET exam to achieve this goal.

The Lorraine Howard Educational Center as well as the John Allen Vocational Center offered quality educational experiences for all youth at the Louisiana Methodist Children’s Home in 2018. The Education Department of LUMCFS accomplished its stated mission by which all educators and support staff continue to embrace – helping every child to achieve his or her fullest academic potential while providing the essential supports of safety, care, and guidance.



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### The OWL Center

The OWL Center served over 16,000 individuals in 2018 through a variety of therapeutic, recreational, and educational programs. We continued to offer therapeutic recreation to the youth at all three Methodist Children's Home campuses while increasing outreach programs within the community.

The OWL Center greeted more than 6,000 visitors to the Henning Conference Center last year who participated in agency functions, including summer program activities, staff meetings, and training events. The Henning Conference Center was the site of community events that included weddings, family reunions, workshops, summer camps, and retreats. The Conference Center was also the center of activities for the ReBoot Military Therapeutic Retreat hosted by LMCH.

The Henning Family Lodge continues to be utilized 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 learning sessions. Along with fishing and hiking, a new Gaga ball pit and updated Frisbee golf course provide recreation opportunities for guests. Several families have mentioned that they appreciate the opportunity to spend time together without outside distractions.

With over 2,000 participants in 2018, 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. 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 essential facet of the CARE model.

The OWL Center continues to have an active volunteer program, hosting groups from as far away as New York and Michigan. OWL volunteers cleared trails, constructed fence, worked in the orchard, painted and cleaned buildings, and worked on various construction projects. Under the supervision of our Screaming OWL Production Manager, volunteers made the majority of the salsa and jelly produced in 2018. A core group of volunteers assisted with various lessons and groups at the equine center throughout the year. Each volunteer group tours the facility.

The therapeutic horsemanship program served over 3,000 individuals in 2018. Youth learn to safely handle, care for, and ride horses, with each week's lesson focused on 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.

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



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Med Camps of Louisiana weekly during their eight-week summer camp, and also went to their Fall Festival.

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 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 was able to offer 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 staff and horses from our equine center to travel to area schools and provide on-site horsemanship classes, leadership activities, and therapeutic riding classes to students from Union and Jackson Parishes.

A new grant this year also allowed us to work with special needs kids from Glenview Elementary school over an eight-week program in which youth from LMCH were able to volunteer as side-walkers and leaders. In addition to the positive impact upon the children receiving services, the LMCH youth who assisted as side-walkers also benefit. Feedback from LMCH residents who served as side-walkers included comments such as: "This program made me realize I could help others." and "This program literally saved my life." (A youth self-harming behaviors who participated in this program as positive reinforcement for choosing safe outlets to vent hurt and anger." This adolescent stopped self-harming as a result of her feeling such pride in the responsibility of "being there" for "her kid" each week!

Another grant has opened the door for us to take the OWL to the classroom in Jackson Parish. Every nine weeks, a different grade participates in outdoor education activities that allow them to visit the OWL Center on three separate occasions, as well as OWL Center staff, to bring the outdoors into the classroom on five additional visits. These grants have provided great opportunities for us to use our resources and animals to teach life science lessons! Teachers and school staff have given positive feedback on our lessons and their effects on pre and post-test scores of the kids' knowledge.

Summer program for our Ruston MCH youth included participating in the high and low ropes course, maze activities, canoeing, swimming, mountain biking, horseback riding, and much more! Each new skill we teach during summer programs helps LMCH youth gain confidence and shows they can learn and succeed, even in challenging situations. We were also able to host a short summer camp for the Mandeville and Sulphur campuses.

This summer, the OWL Center hosted the North Louisiana Rotary Club annual RYLA Leadership camp for the 9th year. Seventy-five teenagers and twenty RYLA camp counselors filled up the bunkhouse and cabins for a week of fun, team building, and personal growth. They participated in swimming, canoeing, the ropes course, maze, and equine-assisted learning activities.



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The OWL Center continued to partner with Louisiana Methodist Children's Home's Family Counseling Center in offering equine-assisted therapy for families and individuals.

2018 was a successful year of growth for the OWL Center, and we look forward to touching even more lives in 2019!

### FAMILY COUNSELING CENTER

Programs	Families	Individuals	Sessions
<b>Counseling at FCC and Grace UMC</b>	163	326	3,795
<b>Group Sessions</b>	200	241	22
<b>Health Hut</b>	48	48	478
<b>Life Choices</b>	10	10	52
<b>Cypress Springs Elementary School</b>	52	52	854
<b>Headstart</b>	4	4	4
<b>FCC Community Events at the OWL</b>	56	60	
<b>Community Education/Trainings</b>		610	14
<b>Distribution of marketing and educational materials</b>		3,240	
<b>Prevention Services through Publications/Facebook/Radio</b>		5,000	
<b>Referrals to Community Services</b>	40	40	
<b>Total Served</b>	<b>573</b>	<b>9,631</b>	<b>5,219</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 educational services to over 9,600 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 UMC, Headstart, LPECC, Health Hut, Life Choices and Cypress Springs Elementary School. Group counseling sessions were provided at Grace UMC, Cypress Springs Elementary School, LPECC and Headstart.

The Family Counseling Center meets the needs of families by strengthening our 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. A large part of that requires working from a systemic view of community needs and resources. 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 2018 FCC continued to build relationships within the community to help strengthen this collaborative bond.



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

### **LIFE SKILLS TRAINING CENTER**

#### **INDEPENDENT LIVING SKILLS TRAINING AND CASE MANAGEMENT SERVICES**

During 2018, we began a new program design to move away from heavy class room life skills groups to provide in-home support services to youth and care givers in their place of residence. Hosting youth events quarterly is also part of the new program design. We are in transition of finalizing the new programming, and will be transitioning to the new programming completely during 2019.

#### **Monroe Region**

The Monroe Region held 345 structured groups and 24 in-home support sessions. The total number of youth ages 14-17 served was 200. The number of youth included 55 DCFS youth, 102 OJJ youth, 42 private youth. Total male youth was 145, and female youth 55. The number of events held was 5 with 211 youth in attendance. The number of youth completing the program was 1 with a pre-assessment score of 73 and a post-assessment of 94 with a 28% percentage of change between pre and post assessments. Case management services were provided to 16 young adults: 5 male; 11 female; 10 ages 18-21; 6 ages 22-26.

#### **Covington Region**

The Covington Region held 31 structured groups and 47 in-home sessions. The total number of youth ages 14-17 served was 301. The number of youth included 301 DCFS. Total male youth was 129, and female 172. The number of events held was 7 with 75 youth in attendance. The number of youth completing the program was 18 with an average pre-assessment score of 82% and a post-assessment score of 93% with a 16% percentage of change between pre and post assessments. Case management services were provided to 21 young adults: 3 male; 18 female; 20 ages 18-21; 1 age 22-26.

#### **Lafayette Region**

The Lafayette Region held 58 structured groups and 18 in-home sessions. The total number of youth ages 14-17 served was 47. The number of youth included 47 DCFS. Total male youth was 17, and female 30. The number of events held was 9 with 293 in attendance including a mixture of youth, care givers and community partners. The number of youth completing the program was 1 with an average pre-assessment score of 78% and a post-assessment score of 93% with a 14% percentage of change between pre and post assessments. Case management services were provided to 8 young adults: 2 male; 6 female; 7 ages 18-21; 1 age 22-26.



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### Lake Charles Region

The Lake Charles Region held 31 structured groups and 15 in-home sessions. The total number of youth ages 14-17 served was 16. The number of youth included 16 DCFs. Total male youth was 5, and female 11. The number of events held was 5 with 179 in attendance including youth, caregivers and community partners. No youth completed the program during this reporting period. Case management services were provided to 6 young adults: 2 male; 4 female; 6 ages 18-21; 0 ages 22-26.

### METHODIST FOSTER CARE

During 2018, Methodist Foster Care continued growth into all regions of Louisiana with intentional emphases on southeast and southwest Louisiana. Methodist Foster Care's Therapeutic Foster Homes cared for 176 children and provided nearly twice as many days of care during 2018 as during 2016, the program's first year of operation. Of note, Methodist Foster Care provided more days of care during 2016 than did Louisiana Methodist Children's Home, our largest psychiatric residential treatment facility, which provided 29,184 days of care. While our three psychiatric treatment facilities are limited to a licensed capacity by physical features – adding new beds would require building additional buildings – therapeutic foster care services are limited by an organization's work to recruit, certify and support additional families who are located throughout our state.

Because of the great needs for intensive levels of care and the opportunities for continued growth, we believe the first three years' growth experienced by Methodist Foster Care's therapeutic foster care program represent a trend for future growth of the program. On December 31, 2018, we ended the year by submitting a request to Louisiana's Department of Children and Family Services for an increase from 106 to 125 contracted therapeutic foster care beds.

