

Sentinel

FALL 2011

THE NEWS MAGAZINE OF  *Methodist*
FAMILY HEALTH FOUNDATION

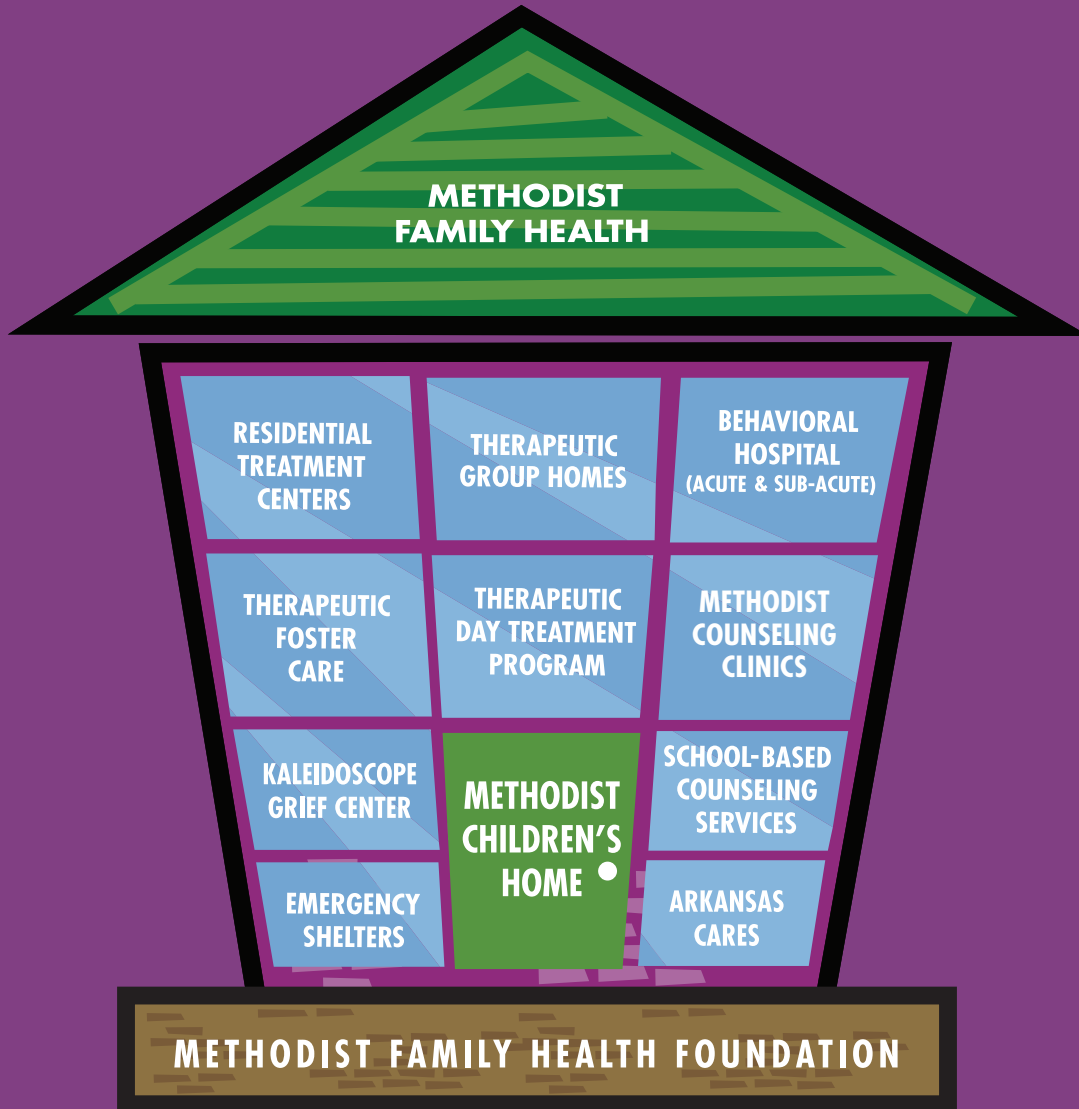


A Decade Of Healing And Hope At Methodist Behavioral Hospital

How One Teen-Ager
Turned It All Around

Photography by Kelly Quinn

REBUILDING THE LIVES OF CHILDREN AND FAMILIES SINCE 1899



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elcome to the *Sentinel!*

The current air of uncertainty in the healthcare industry has once again prompted us to take a hard look at the services offered at Methodist Family Health and what we must do to adjust to changing needs. For instance, there is a growing sense that soon every individual will have health insurance of some sort. For behavioral health systems like ours, it is anticipated that this will translate to an increased demand for shorter inpatient stays.

For this reason and others, this summer has been extremely busy for both of our nonprofit organizations. We have begun retooling our programs to make room for more short-term beds in the hospital and to build upon our intensive in-home services through many of our outpatient clinics. In addition, we have taken preliminary steps with the Children's Home to start a specialized group home in Magnolia to work with hard-to-place youth. The Foundation, as always, is hard at work planning and managing its fundraisers that help raise much-needed donations to support capital improvements for both the home and hospital. Summer now seems to be just as busy as Christmas has always been.

Many of us again enjoyed watching the August sun set over the Big Dam Bridge and Arkansas River as we celebrated our 5th annual Walk for Children and Families. Maggie Beeler and her army of volunteers do an amazing job every year! What a treat to look on as more than 750 participants from all over the state walked across the bridge and back on behalf of those served by MFH. Thank you to everyone who took part in this great event.


It truly is an honor to be part of a mission like this. I sincerely hope all of you will take the time to view our new "Mission in Your Own Back Yard" video. We can send a DVD copy to your church, or it can be viewed at our website, www.methodistfamily.org.

This year marks the 10th anniversary of Methodist Behavioral Hospital. Seems like just yesterday the thought of Methodist Children's Home getting into the hospital business was merely a dream to most of us, and for some, probably a joke. In this issue we reminisce about the past 10 years and share some of the successes this organization has made possible. I hope you enjoy the stories and realize we are what we are because of you. Thank you for your support!

Sincerely,

Andy Altom
President and CEO





Celebrating a Decade of Healing and Hope

Methodist Behavioral Hospital Turns 10

By Jane Dennis

The past year has been a memorable one for Methodist Behavioral Hospital. This summer the facility operated by Methodist Family Health achieved the milestone of serving its 10,000th patient — and that’s counting “unique” rather than repeat patients, and only those receiving inpatient services. Then in September, the hospital celebrated its 10-year anniversary of caring for children and adolescents in need of long- and short-term psychiatric and behavioral healthcare.

“It was a risk,” says Andy Altom, chief executive officer of MFH, of opening the hospital. “If it didn’t work, a number of our people could well have been out of a job.”

In order to get the not-for-profit hospital up and running, employees from throughout the MFH system moved over and filled new positions at the hospital. The grand opening on Sept. 14, 2001, was a subdued event, occurring just three days after the 9-11 attacks on the United States. Then-Lt. Gov. Win Rockefeller was on hand to cut the ceremonial ribbon that signaled the hospital’s opening.

While a risk, it worked. The 60-bed facility located in Maumelle has thrived over the last decade and continues to be a reliable and much-needed resource for families across the state.

“We didn’t know a lot about running a hospital, but we knew how we wanted to treat people who used our hospital,” Altom says.

A former teaching-parent at MFH group homes, Altom knew all too well the pitfalls of seeking services from other providers for children in his care. Long waits to receive therapy and evaluations were common. Direct communication with physicians caring for a child was a rarity; instead, a nurse or therapist often passed along information. Frequently, if a child in an MFH program had to be admitted to another facility to deal with acute behavioral issues, the child would be placed in that facility’s long-term care program rather than sent back to MFH. The relationships and trust built with MFH staff and caregivers would be lost forever. “We were frustrated and felt like we weren’t getting all the information we deserved,” Altom says.



Photo by Kelly Quinn

So from the beginning, expectations were high for everyone associated with Methodist Behavioral Hospital. “I think we started off on the right foot,” Altom says. “We required our physicians to call families. We told our docs, ‘Look, we think this is something that’s important. When families take their kid to a hospital, they want to talk to doctors, not the therapists.’ That was our expectation from the beginning.”

The addition of the hospital’s acute and subacute inpatient services completed MFH’s continuum of care. “The hospital was really the capstone of being able to plug all the holes,” Altom says. “When a child comes into our care, we can serve every one of their needs, even to the outpatient end, without having to leave our system.”

“When the board of Methodist Children’s Home courageously authorized the acquisition of what is now Methodist Behavioral Hospital 10 years ago, it began a new era of service to children and families in Arkansas,” says Mike Millar of Searcy, a member of that first board of directors and a member today. “The hospital and the services it was able to provide brought the continuum of care offered by Methodist Family Health full circle.”



Proud employees of Methodist Behavioral Hospital are ready for opening day, Sept. 14, 2001.

Fellow board member Ritter Arnold of Marked Tree concurs. “We knew many of the children we were helping had the unfortunate history of being moved between multiple providers. We believed investing in the [hospital] presented an opportunity to reduce this shuffling and offer a more seamless continuity of care,” Arnold says. “It was a tremendous step at the time.”

The building that houses Methodist Behavioral Hospital had been operated by another healthcare organization as a psychiatric facility. It had been closed for several years when MFH purchased it. Over the years, improvements have included new flooring throughout, new outdoor recreational facilities and “privilege” rec room, redesigned nurses’ stations, brighter wall colors, and an extensive collection of framed photography featuring the work of Dr. Charles Clogston. The lobby even got a facelift in time for the 10th anniversary open house Sept. 22.

The hospital was established as a separate nonprofit entity with its own board of directors. About the same time, a new management company called Methodist Family Health was created. These moves not only protected the Methodist Children’s Home from any undue risk but also enabled the administration to reduce the duplication of support services throughout the system.

Today, the MFH continuum of care includes the hospital, Children’s Home services (residential treatment centers, therapeutic group homes, therapeutic foster care, emergency shelters and day treatment schools), outpatient and school-based counseling clinics, and specialized programs such as Arkansas CARES (Center for Addictions Research, Education and Services) and Kaleidoscope Grief Center.

The hospital is a success today, Altom says, in large part because of the late Rev. Bob Regnier, former CEO for the Children’s Home. Regnier led the organization in transitioning from operating strictly on donations to engaging in state contracts for psychiatric and behavioral healthcare services, particularly as they relate to services at the hospital.



Members of the original Board of Directors for Methodist Behavioral Hospital: (back) Don Weaver, Don Cole, Mike Millar and Rev. John Shafer; and (seated) James Tanner, M.D., Bishop Janice Riggle Huie and Paula Inman.

“Rev. Regnier was very much a visionary to see that we couldn’t continue the way it had been,” Altom says. “He recognized that just trying to operate off of donations, we would never be able to serve the number of kids we are able to serve today.”

The hospital has had a strong partnership with the University of Arkansas for Medical Sciences School of Medicine, Department of Psychiatry. Not only did UAMS contract to operate a portion of the acute unit for the hospital’s first few years, but its physician residents of psychiatry were allowed to do young child and adolescent medical training rotations at Methodist Behavioral Hospital.

“The UAMS connection has been great,” Altom says. “We worked closely with them as they were in the process of building their own child and adolescent unit within their new Psychiatric Research Institute Hospital.” While UAMS has its own unit now and its physicians no longer do rotations at Methodist Behavioral Hospital, many other schools of nursing continue to use the hospital for valuable teaching opportunities. Nursing students from the University of Central Arkansas, University of Arkansas at Little Rock and Baptist Medical Center all participate in learning opportunities at Methodist Behavioral Hospital.

Throughout the MFH continuum, the teaching-family model is a key and common element. “It’s a way to interact with a child that we teach all our employees,” Altom explains. This model gives staff members a very specific, positive, nonjudgmental way to address behaviors and teaches the child or adolescent the alternative skills they need so they won’t continue to display the inappropriate behavior.

“I, for one, wish that the hospital was always empty. Unfortunately, that is not the case,” Millar says. The teaching-family model is a method that is proven to work, he adds. “I sincerely believe that our ability to maintain continuous and consistent treatment plans for the kids we serve offers the greatest opportunity for positive outcomes.”

“I feel good about where we are today,” Altom says. “My goal for the hospital is for it to be the premier child and adolescent inpatient facility in Arkansas. Long range, I’d love to be serving kids in neighboring states and be a regional mental health facility.”

Changed for the Better

At 16, Shelby Guthridge was drowning in a sea of anger and out-of-control emotions. Methodist Family Health threw her a lifeline.

Shelby's father died when she was 10. After that, each day was like a rollercoaster ride. "She started struggling with her emotions," says her mother, Marie. "She built a lot of walls and pushed a lot of people away. She was destroying her future."

Marie didn't know where to turn or what would help. "A simple talk would turn into a screaming match. It was bigger than anything I could handle," she says. "It was a long, hard struggle. Everybody tried to help her. None of us was equipped."

Marie knew she had to get help. Her pastor recommended that Shelby consider visiting a Methodist Counseling Clinic. That was a step in the right direction.

After several months of outpatient counseling and making slow, steady progress, Shelby was admitted as a patient in a residential treatment center operated by MFH, another facet of its continuum of care. "I knew it was out of my hands then," Marie says. Shelby would have to take charge of her own journey. "She's a sweet girl, and deep down she was really ready for the help. But up to that point, she had rebelled against any help we offered."

While in residential treatment, Shelby learned some valuable lessons quickly. "They're really strict, but that's good," she says. She learned that treatment goals can be achieved swiftly "if you go in with the mindset of following the rules and really working and being committed to the program." Shelby completed her treatment and was back home with her mother in 90 days.

"It's all up to the kids," Shelby says. "The kids have to be the ones to say, 'This is what I want, and I'm ready to make a change.'"

Today, Shelby is a senior in high school and works as a waitress at a local restaurant. She is healthy, happy and well adjusted. "Now I want a good future," says the 17-year-old. "When it comes to relationships, I know you've got to have communication. I can now accept people, and I don't push them away."

Marie is breathing a sigh of relief. "I now have a typical teen-age daughter, and I'm fighting typical, normal, teen-age battles, which is all I wanted."



Photo by Kelly Quinn

Shelby Guthridge and her mother, Marie Guthridge, turned to the Methodist Family Health continuum of care for help when Shelby faced some challenging emotional issues.

Shelby's story is one example of how the MFH continuum of care provides comprehensive psychiatric and behavioral healthcare to children and families in Arkansas. Shelby received outpatient services at a counseling clinic and then moved to a residential inpatient facility for further therapy — all within MFH.

The opening of Methodist Behavioral Hospital in 2001 was a springboard for launching MFH's counseling clinics and outpatient services, including the clinic Shelby utilized. MFH's first outpatient clinic was actually located in a wing of the hospital.

"It was opened primarily to offer that option for those clients who wanted to continue with us in the continuum," says Cyndi Coleman, LCSW, director of outpatient services for MFH. "We wanted to offer that entry level of care. A clinic is a good doorway into our continuum."

From the clinics, patients can move to other levels of care. "If they become more acute and need a higher level of care, they can go to that higher level," Coleman says, referring to a residential treatment center or the hospital. "They can also step back down as their symptoms improve and treatment needs diminish, if they need less intensive, less frequent therapy and counseling."

A range of services is offered through the clinics, including individual and family counseling; group, peer and behavioral supports; psychiatric services; psychiatric evaluations; medication management; psychological testing; parent support and education; and case management.

Today, MFH offers both community- and school-based counseling clinics. The newest counseling option offered through selected clinics is Intensive Family Services, which brings family therapy services into the home.

"With Intensive Family Services, we can bring family therapy and paraprofessional interventions into the home to help families in their own environment, in addition to some clinic-based services," Coleman says. "It's very exciting. It's a nice piece to bring into our continuum. It will give us an opportunity to work with some families who are really at risk and try to prevent the need for foster care when we can."

Board Spotlight

Don Weaver

Little Rock, Arkansas

While a student at the University of Central Arkansas, Don Weaver had no clue what impact his friendship with fraternity brother Andy Altom would have on his life.

And at the time, neither could have guessed that Methodist Family Health would bring them together and touch their lives so profoundly.

Weaver and Altom were both members of Pi Kappa Alpha fraternity. Weaver first learned about the Methodist Children's Home when the fraternity's pledges held an Easter egg hunt for the younger children at the home. Weaver relished this and other opportunities to get involved in community service during his college years. After graduating in 1978, he joined the family business, Weaver Bailey Contractors Inc., and today serves as the company's executive vice president.

Altom's career path ultimately lead him to the Methodist Children's Home, where he served as a group home teaching-parent with his wife, Myra, and later as an administrator. Today, he is chief executive officer of Methodist Family Health, the management company of Methodist Children's Home, Methodist Behavioral Hospital and other healthcare services.

In 2001, Altom contacted his fraternity brother and invited Weaver to serve on the first board of directors for the fledgling Methodist Behavioral Hospital, then the newest addition to the MFH continuum of care.

"I have enjoyed seeing Methodist Family Health grow into a statewide mental health power," Weaver says, reflecting on his decade of volunteer service to the organization. "There were times when we did not know where the money or personnel would come from, but Andy and his team have always found a way to move forward and succeed."

The first few years for the hospital were a struggle, Weaver readily admits. "We were involved in a new line of business, and we learned on the fly," he says. "I believe the hospital put the final peg in place for a complete continuum of care. We can take a child with problems and treat them with whatever level of care the situation calls for."

Weaver's connection and dedication to MFH has continued to grow. The Weaver family donated a piano to one MFH program, while Weaver Bailey Contractors, along with Riggs Caterpillar, built a playground at the Children's Home campus in Little Rock.

"I feel fortunate to have been able to personally help Methodist Family Health through the years," Weaver says.

Married for 28 years to Debbie Showalter Weaver, the couple has two children, Ross, 25, and Abbie, 23. The family attends First Methodist Church in Conway, where Debbie is in the handbell choir and helps with the church music program.

Weaver Bailey Contractors is proud to have constructed the three largest projects ever awarded by the Arkansas Highway Department. The firm is currently working on an \$88 million reconstruction of the I-430 and I-630 intersection in Little Rock in a joint venture project with Manhattan Construction of Tulsa, Okla.

Weaver has served on many boards of committees, both in the construction industry and in the community. He currently volunteers on the UCA Foundation, UCA Purple Circle

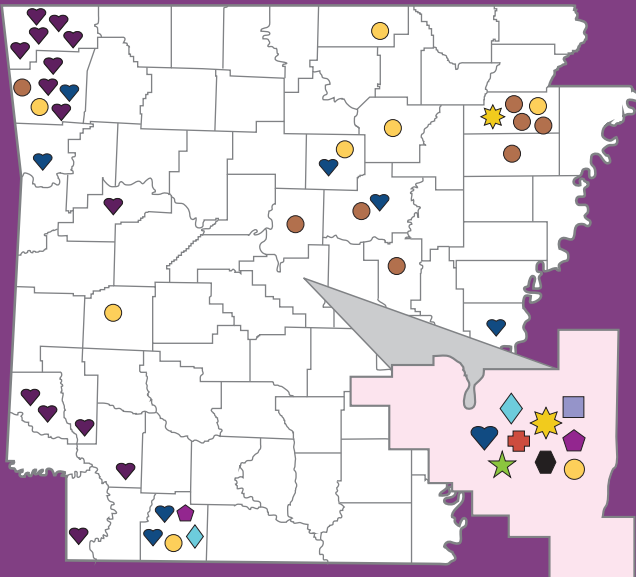


Don Weaver

Board, University of Arkansas at Little Rock School of Building Construction Advisory Board, University of Arkansas School of Architecture Circle of Friends, and the Associated General Contractors of America Board of Directors. Weaver had the honor of serving as the 2010 chairman of the Associated General Contractors of America, Highway Division as well as serving on the Arkansas State Associated General Contractors Board as a past president. He recently assisted the Conway Chamber of Commerce as chairman of the Transportation Study Group for Vision 2025.

“I would like to think that my business background, personal and business contacts, and willingness to serve have helped Methodist Family Health in some small way,” Weaver says. “Methodist Family Health is a wonderful organization and does not get the credit and accolades it deserves for all it does for the youth of Arkansas. We serve every child, regardless of ability to pay. Andy says, ‘We turn no one away,’ something the for-profit facilities cannot say. Our faith-based system of care is unique and quite effective in the mental health field. I consider myself fortunate to be involved with the Methodist Family Health Foundation.”

MFH LOCATIONS ACROSS THE STATE



Providing quality, compassionate psychiatric and behavioral healthcare to the children and families of Arkansas.

- ♥ Therapeutic Group Homes**
 Fayetteville Heber Springs Helena-West Helena
 Little Rock Magnolia (2) Mulberry
 Searcy
- School-Based Counseling**
 Craighead County¹ Harrisburg Hazen
 Jonesboro Lincoln Nettleton
 Vilonia White County²
- ◆ Day Treatment**
 Little Rock Magnolia
- ★ Residential Treatment Center**
 Bono (near Jonesboro) Little Rock
- ⬠ Emergency Shelter**
 Little Rock Magnolia
- Methodist Counseling Clinics**
 Batesville Cherokee Village Fayetteville
 Heber Springs Jonesboro³ Little Rock
 Magnolia Mt. Ida
- ⬠ Arkansas CARES**
 Little Rock
- ⊕ Behavioral Hospital**
 Maumelle
- ♥ Therapeutic Foster Care**
 Bella Vista Booneville De Queen
 Doddridge Fayetteville Fulton
 Gentry Gillham Lowell
 Mineral Springs Rogers Siloam Springs
 Springdale West Fork
- ⬠ MFH Administration**
 Little Rock
- ★ Kaleidoscope Grief Center**
 Little Rock

¹SUCCESS Academy
²Central School District
³Lighthouse Counseling Center

Donor Spotlight

Jean & Terry Landrum

Scott, Arkansas

by Jane Dennis



Jean and Terry Landrum of Scott have focused much of their mission giving and support on Methodist Behavioral Hospital.

Jean Landrum is an angel to the children and youth at Methodist Behavioral Hospital. She contributes an abundance of time and energy to help gather items needed by the young patients, whether it's socks or school supplies, basketballs or underwear. The secret to her success is simple: she asks.

"About five or six years ago, Terri Collins, a member at our church, mentioned the Behavioral Hospital," she recalls. "I called out there and asked what the kids needed."

The children being treated at the hospital for various psychological or behavioral challenges arrive with scant belongings and even fewer necessities.

Knowledge of that need is all it took for Jean, who is retired from the banking industry, and her husband Terry, a semi-retired mortgage consultant, to get involved. The couple from Scott has since led Keo United Methodist Church in finding many ways to partner with Methodist Behavioral Hospital.

The congregation, which has about 35 in weekly worship services, first collected and donated mainly clothes, underwear and socks, but they've also contributed sports and recreation equipment, school essentials, and more. When it comes to clothing, Jean often shops for specific hard-to-find sizes when the need arises. This summer, dozens of pairs of flip-flops and boys' boxer underwear were requested and promptly delivered.

"We try to give them what the kids want because it's useless if you bring out things they won't use or don't like," Jean says.

One of their early deliveries included a tour of the hospital. "We were so impressed with the techniques they used and how intense the program is," Jean says. "I had not ever been involved with children who have psychological problems, so it was an eye-opener for me."

"Jean Landrum's efforts are definitely noticed by our kids," says Carolee Cook, director of recreational therapy at Methodist Family Health. "Each time a drop-off is made, they are excited to see what's new. She has also been instrumental in providing our kids basics and essentials, like the school supplies they need, as well as simple things that brighten the kids' days, like games, balls and swimsuits."

Ever attentive, Jean once noticed that many of the kids leave the hospital with their belongings in plastic bags. Before long, a supply of duffle bags was dropped off, Cook says.

People will give and support good causes when they have information and understand the need, Jean says. “We have a lady at our church who gives us \$20 every quarter to buy whatever I can buy for the kids. So she is contributing to the Behavioral Hospital; she wants to be part of what we’re doing.”

Today, Jean and her friend, Ila Chaney, are the leaders for the Keo church’s quarterly drive on behalf of the hospital and its patients. Dubbed “Undie Sunday” by Ila, the effort was such a success that the concept was borrowed and expanded upon by MFH and is now a statewide collection drive called “Get Up and Give.” Church groups and individuals are invited to donate items for those served by the MFH continuum of care. The drive earlier this year resulted in more than 100 bins full of much-needed items.



Photos by Kelly Quinn

Jean Landrum assembles some of the school supplies donated by members of Keo United Methodist Church for children at Methodist Behavioral Hospital.

“The awesome thing about Mrs. Landrum is that she saw a need at the Behavioral Hospital and she sought out a way to meet that need,” Cook says. “She is one of a kind.”

While Jean may personally make most of the deliveries to the hospital, she is adamant that whatever effort she makes is done on behalf of the entire Keo congregation.

Jean and Terry encourage more people to step out in faith and ask what they can do to help places like the Behavioral Hospital, MFH group homes and other programs that care for children.

“I just don’t think people are aware of how acute the situation is for many kids in today’s world,” she says.

The Landrums are loyal supporters of the MFH Foundation and many of its fund-raising efforts, such as the Walk for Children and Families and the Get Up and Give drive. Not only do they give financial gifts, they continually seek ways to get involved and be hands-on contributors. They make sure their church family has numerous opportunities to help, whether it’s buying Christmas gifts for children in the foster care program, helping beautify the grounds of the Fillmore campus of the Children’s Home, or donating clothes for the Arkansas CARES moms and children.

“We look for mission work,” Jean says. “We’re always looking for something that is worthwhile.”

“Our church is more than 100 years old,” Terry points out. “Our sanctuary is exactly what we want; it’s very beautiful. But we’re not into brick and mortar. We take the resources we have and spend it toward mission work and doing for others.”

Sometimes that means building a water well for a village in Africa. Sometimes it’s donating items to a community after a tornado strikes. But most frequently, it’s showing a little love and care to children from Arkansas who are dealing with psychological and behavioral problems.

The Landrums are so committed to the work and services of Methodist Behavioral Hospital that they make a quarterly designated financial gift to the hospital through the Foundation.

“We were blessed to have good careers,” Terry says. “We feel like you ought to give something back.”

“We just feel like what the Foundation does is so meaningful,” Jean adds. “What we’ve done is concentrate on what’s important to us. It feels good to be doing something for the children.”

What's Happening Around Methodist?

April

Vicki and Hal Matthews made a generous donation to our central Arkansas programs, allowing for the purchase of a movie projector and popcorn machine to use for large groups. These wonderful gifts will be used at Methodist Behavioral Hospital, the Fillmore campus, Day Treatment and Camp Healing Hearts. Many thanks to the Matthews family for this kind-hearted donation.



This “thumbprint” bench was a gift from the Kidz RAP group at Little Rock Christian Academy.

Kidz RAP (Reaching All People), a group of about 200 kids from Little Rock Christian Academy, do monthly projects for the community. They made a beautiful “thumbprint” bench for the children at Methodist Children’s Home. The benevolent-minded youngsters also made many special cards for the kids in our care.

Youth from Methodist Behavioral Hospital, the Little Rock residential treatment center, and the Little Rock emergency shelter attended the 4th Annual Benefit Basketball Game between the Maumelle Fraternal Order of Police and the Arkansas Razorback Alumni Team. The alumni team was made up of Razorback favorites such as Clint Stoerner, Anthony Lucas, Pat Bradley and Cedric Cobbs. The game was fun and exciting to watch. The kids were thrilled to get autographs from the athletes during halftime. Methodist Behavioral Hospital was one of the event sponsors.



Former Razorback Clint Stoerner poses with an MFH youth at a benefit basketball game.

There was no shortage of Easter egg-hunting opportunities for MFH kids! Pulaski Heights United Methodist Church hosted a hunt for Arkansas CARES moms and children. The MFH Foundation and community organizations including St. Anthony School and the youth of First United Methodist Church of Maumelle helped organize a hunt for participants in the Kaleidoscope Grief Center Kid’s Club. The St. James Mission Circle hosted an Easter egg hunt for the preschool children on the Methodist Children’s Home campus.

May

Kaleidoscope Grief Center celebrated its 7th annual family bereavement camp, Camp Healing Hearts, for ages 5 through adult at beautiful Camp Aldersgate in Little Rock. With the support of local health care agencies and businesses and more than 30 volunteers, Camp Healing Hearts provided a free grief program to 75 participants from a total of 30 families throughout Arkansas. The camp included group sessions, a family candlelight service, pet therapy, art activities, ropes course and fishing tournament. The goal of this camp is for bereaved families to reflect, reconnect and rediscover who they are in the midst of their grief journey, while leading to a healing of the heart.



A fishing derby proved to be fun for all at Camp Healing Hearts.



The hula-hoop challenge built teamwork and camaraderie at Camp Healing Hearts.

June

The Prayer Shawl Ministry of Mountain Home First United Methodist Church celebrated its first anniversary. To mark the occasion, Maggie Beeler, Methodist Family Health's assistant director of development, was guest speaker for a special gathering at the church. She talked about the many programs and services offered statewide. The group donated several prayer shawls, baby receiving blankets and other items to be used and enjoyed by those in MFH's care.



An assortment of colorful prayer shawls was donated to MFH by Mountain Home First United Methodist Church.

The 2011 Rev. Regnier Memorial Camp offered three days of outdoor fun at Camp Tanako near Hot Springs for MFH group home kids. More than 40 youngsters participated in summer activities including canoe races, swimming, fishing and games. The camp concluded with a carnival hosted by members of the MFH administrative team featuring food, games and prizes. "Everybody had a great time," said Craig Gammon, Methodist Children's Home administrator. The annual event is made possible by donations to the Rev. Regnier Camp Fund.



More than 40 group home kids enjoyed outdoor activities at the Rev. Regnier Memorial Camp.

Youth volunteers pitched in and helped with numerous projects at MFH during the summer. The helpers hailed from St. James and Pulaski Heights United Methodist churches in Little Rock, Goddard and St. Paul United Methodist churches in Fort Smith, Greenwood and Farmington United Methodist churches, and First United Methodist Church in Sachse, Texas. They did a little of everything, from landscaping and assembling picnic tables, to leading worship events, crafts and Vacation Bible School.



Youth from Farmington United Methodist Church were among the youth groups that volunteered at MFH this summer.

July

Members of Faith United Methodist Church in Little Rock collected and donated dozens of pairs of flip-flops for MFH kids. A child's swimming pool located in the narthex of the church served as the collection bin for the summer footwear. MFH Chaplain Scott Moore received the donation and oversaw distribution to participants in MFH programs, including Arkansas CARES, residential treatment centers and Methodist Behavioral Hospital.

August

What do hard-boiled eggs, hula-hoops and water balloons have in common? They were all used for field day fun and games Aug. 18 at the Fillmore Campus in Little Rock. The Little Rock St. James United Methodist Church Women in Mission group hosted the festive morning of team games and races. The residential treatment center kids were organized into teams that competed in games that tested skills and patience, including a penny toss, water balloon toss and egg balancing race. The competition concluded with frozen treats for all.



St. James Women in Mission hosted field day fun at the Fillmore Campus.

September

Little Rock's Winfield United Methodist Church generously donated back-to-school items for the Arkansas CARES school-aged children, including backpacks, paper and much more. For the second year, Winfield UMC also donated a year's supply of composition books for the children to have for therapy sessions and journaling. What a blessing these gifts are to Methodist Family Health!



El Dorado First United Methodist Church members and Pastor Jim Polk made a special trip to the Methodist Children's Home Fillmore campus Sept. 8 to visit the children and families they support and care for throughout the year. The outing included lunch prepared by CAREfully Catered, the Arkansas CARES catering service.

THE JAMES M. WORKMAN SOCIETY

Reverend James M. Workman, while pastor of Asbury Church in Little Rock, served as the first Agent of the Methodist Orphanage, beginning in 1899. In that role, he was responsible for soliciting, managing and distributing funds for the creation and opening of the Orphanage.

Membership in the James M. Workman Society recognizes an annual gift of \$1,000 or more to the Methodist Family Health System.



Anonymous (12)	Margaret and Kenneth Davis Hardy, Ark.	Sandy and Hank Johns North Little Rock, Ark.	Mr. and Mrs. Don S. Morton Des Arc, Ark.	Jan and Ted L. Snider Jr. Little Rock, Ark.
Lewese and Jon Ahrens Mount Ida, Ark.	Mr. and Mrs. Jim Dunn Fort Smith, Ark.	Harriet and James Johnson Wilmot, Ark.	Alicia H. Mosley Camden, Ark.	Lynn and Bob Staten Little Rock, Ark.
Mr. and Mrs. Cliff Albert Beebe, Ark.	Ellen and Don Edmondson Forrest City, Ark.	Mr. and Mrs. Bill Johnston Heber Springs, Ark.	Marilyn and Joel Newcome Portland, Ark.	Genevieve H. and William A. Strong Pine Bluff, Ark.
Myra and Andy Altom Heber Springs, Ark.	Pam and Robert Edwards Searcy, Ark.	Mary Louise Jumper [†] Conway, Ark.	Angela and Chris Newell Newcastle, Wash.	The W.P. Sturgis Foundation Arkadelphia, Ark.
Paul Arnold Nashville, Tenn.	Randy Ennen Fort Smith, Ark.	Mr. and Mrs. Grady Keith Lake Village, Ark.	Mr. and Mrs. Robert C. Nolan El Dorado, Ark.	Cindy and Patrick Tenney Springdale, Ark.
Rebecca and Ritter Arnold Marked Tree, Ark.	Eric Rob & Isaac Little Rock, Ark.	Kathleen Kennally and Mark Holder Little Rock, Ark.	Theodosia Nolan El Dorado, Ark.	Robin and Denver Thornton French Port, Ark.
Steve W. Babcock Paragould, Ark.	The Peggy and Tim Farrell Fund Little Rock, Ark.	Becky and Jerry Kossover Little Rock, Ark.	Karen and Andy Norris Lake Village, Ark.	Jo Anne and Roger Utley Sherwood, Ark.
The Bailey Foundation Little Rock, Ark.	Dr. Rita Galloway Little Rock, Ark.	Iva and Bill Krogman Star City, Ark.	Mary Anne and Ben Pickard Searcy, Ark.	Juanita Vaughn Fayetteville, Ark.
Virginia and Bill Ball Searcy, Ark.	Alicia and Craig Gammon Vilonia, Ark.	Jean and Terry Landrum Scott, Ark.	B.C. Pickens Trust Pickens, Ark.	Amelia and Donn Walters Little Rock, Ark.
BancorpSouth Insurance Services, Inc. Little Rock, Ark.	Mary Lue and Bill Gibbs Camden, Ark.	Judith and Charles Long Jonesboro, Ark.	Ella Mae and Edgar [†] Poag Osceola, Ark.	Paula and Kirk Wardlow Springdale, Ark.
Wilma I. Barnum Fairfield Bay, Ark.	Gill Elrod Ragon Owen & Sherman Law Firm Little Rock, Ark.	Mrs. Robert M. Lowe Gillett, Ark.	Augustus H. Pugh Portland, Ark.	Debbie and Don Weaver Conway, Ark.
Harry Blanton Jr. Benton, Ark.	Carolyn M. Henslee Little Rock, Ark.	Mary Trimble Maier [†] Fayetteville, Ark.	Susie and Tom Pugh Little Rock, Ark.	Mr. and Mrs. David West Roland, Ark.
Barbara and John Bragg Camden, Ark.	April and Tom Hesselbein Little Rock, Ark.	Vicki and Hal Matthews North Little Rock, Ark.	Beverly and Harrison Ralph Crossett, Ark.	Mr. and Mrs. Ronald W. Witherspoon Fayetteville, Ark.
Sue and Sid Brain Harrison, Ark.	Donald Hicks Cabot, Ark.	Angela and Chad McLain Brinkley, Ark.	Paula and Robert Reynolds El Dorado, Ark.	Kyle K. Wood and Family Pine Bluff, Ark.
Mary and Robert Branch Mountain View, Ark.	Elaine and Bishop Kenneth Hicks Little Rock, Ark.	Karen and Mike Millar Searcy, Ark.	Riggs Benevolent Fund Little Rock, Ark.	Elizabeth Teague and John S. Workman Conway, Ark.
Dr. and Mrs. Charles Clogston Little Rock, Ark.	B. Louise and Charles Holmes Little Rock, Ark.	Carl Miller Jr. Little Rock, Ark.	Sally and Keith Riggs Little Rock, Ark.	Melissa and Keith Wrenn Brentwood, Tenn.
Ashley and David Coldiron Little Rock, Ark.	Susan and Asa Hutchinson Bentonville, Ark.	Mr. and Mrs. Eugene Miller Hazen, Ark.	Deborah Rowley Conway, Ark.	Margaret and Ron Wylie Clarksville, Ark.
Dr. and Mrs. George M. Cone Jonesboro, Ark.	Kerry and Charlie Jackson El Dorado, Ark.	Mr. and Mrs. Don E. Morey Little Rock, Ark.	Trish and Kurt Searvogel Sheridan, Ark.	Martha and David Yocum El Dorado, Ark.
			Nancy [†] and Neill Sloan Lake Village, Ark.	

[†] Deceased

THE GEORGE THORNBURGH SOCIETY

Col. George Thornburgh, Methodist layman and successful businessman, is generally regarded as the founder of the Arkansas Methodist Orphanage. Beginning in 1909, while serving as the third superintendent of the orphanage, he led one of the earliest fund drives in Arkansas, an ambitious and successful \$25,000 campaign to erect a new facility to serve as a modern new home of the orphanage.



Membership in the George Thornburgh Society recognizes one-time gifts of \$25,000 or more to the Methodist Family Health System. This list features those who have given over the past decade.

Anonymous (2)	Walter B. Huff Estate	Shuler Drilling Company
Myra M. Abrignani Estate	Julia Mae Jackson Estate	Elizabeth H. Snyder Trust
Arkansas Community Foundation	Kerkhoff Family Trust	Roy and Christine Sturgis Charitable & Educational Trust*
Lillian Mae Clavert Living Revocable Trust	L.A. Logan Estate	W.P. Sturgis Foundation
Elizabeth W. Fries Estate*	Rev. Curtis E. Monroe Estate	Alma Welton Trust
Maxine S. Gregg Estate	Alline M. Montgomery Estate	Juanita Annette Wood Estate
Hall Revocable Trust	National Christian Foundation	Hazel Marie Wright Estate
Jane and Bill Hardin	Mrs. Betty Regnier	
John A. Henson Trust	Robert and Paula Reynolds*	

* Denotes New Gift

THE COY-ROOTS-TABOR HERITAGE SOCIETY

Mrs. L.W. Coy, Mrs. L.H. Roots and Mrs. E.A. Tabor were three of the earliest benefactresses of the Methodist Orphanage, jointly donating a building and property at 15th and Commerce Streets in Little Rock, which became the first home of the orphanage, opening in 1902.



Membership in the Coy-Roots-Tabor Heritage Society recognizes a commitment to a future gift through trust, bequest or other means to the Methodist Family Health System.

Anonymous (2)	Marjem and John Gill	June S. McClain Revocable Trust
Myra and Andy Altom	Griffin Family Trust	Nancy and Earl McClure
Mary and Milton Campbell	Geneva I. Hughes Estate	Velma E. Shaffer Estate
O'Neal Davidson Estate	Jonelle Ryan and Billy Gene Jones	Warren Family Trust

More than 750 take part in Walk for Children and Families

Story and photos by Jane Dennis



Youth are all smiles as they conquer the Big Dam Bridge.



Rev. John Fleming, with Susie Fleming, Julie and Annie



Walk participants try out the fun cutout displays.

Funds raised designated for much-needed security fence

Triple-digit temperatures failed to deter more than 750 participants who stepped out in support of Methodist Family Health at its 5th annual Walk for Children and Families Aug. 5.

The special event drew a hearty crowd, including dozens of church youth groups and participants of all ages, for a hike across the Big Dam Bridge over the Arkansas River at North Little Rock's Cook Landing. Walkers either raised the funds or paid \$20 each to take part in the festivities. Individual donors and corporate sponsors contributed additional funds. As a result, more than \$85,000 was raised and will be used to build a much-needed security fence around the 13 cottages on the Methodist Children's Home campus in Little Rock.

The walk offered a festive atmosphere for all involved. With the swirling waters of the Arkansas River as a backdrop, participants were invited to use humorous cutout displays for photo opportunities. Damascus Road, a contemporary praise band from First United Methodist Church in Arkadelphia, performed. Free pizza and Frosty Treats ice cream were handed out, and free water and cooling towels were distributed. All registered participants also received a walk T-shirt.

Thanks to the help of our sponsors, donors, corporate committee members, walkers and volunteers, we achieved the following accomplishments:

- Fifty sponsors contributed \$72,500
- More than \$10,000 was raised on event day registration
- Representatives from more than 50 United Methodist churches from across the state attended the walk

Conway First United Methodist Youth Group received the Outstanding Youth Group Award. The Outstanding Youth Group Mission Award was presented to youth of White Hall United Methodist Church. Youth from Grace United Methodist Church in Rogers received the award for farthest traveled.

"This walk and all of its success is due to so many factors and so many wonderful people and groups," said Maggie Beeler, MFH's assistant director of development and walk coordinator. "Even though it was a hot afternoon, smiles were on all the faces, and everyone grasped why they were out at the Big Dam Bridge — because they care about kids who need our understanding, love and support the most. The time and energy it took for all the participants to take part in the walk was very much appreciated by all the MFH board, staff and families."

Special thanks go to the 2011 Walk Corporate Committee members for their tireless work on the event: Erin Griffin, Johnny Hudson, Susan Johnson, Becky Kossover, John Rutledge and Anna Kay Frueauff Williams.

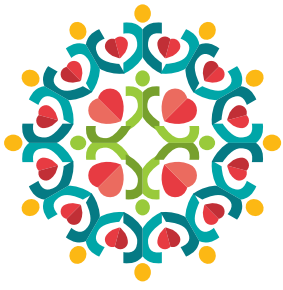
The Walk for Children and Families is one of the year's major fund-raisers for MFH. Thanks to all participated!



Ethan Altom, Andy Altom, Karen and Mike Millar



Ashley Coldiron, Charlotte Hudson, and Johnny Hudson, and Maggie Beeler



13TH ANNUAL KALEIDOSCOPE KIDS AUCTION

Story and photos by Jane Dennis



Auction chairperson Sally Riggs (right), with her parents, Rosemary and D.K. Robinson

In a single evening, the 13th annual Kaleidoscope Kids Auction raised \$43,000 to benefit children served by Kaleidoscope Grief Center and Methodist Counseling Clinics statewide.

About 230 people filled the ballroom of the Junior League of Little Rock's Woman's City Club Building in downtown Little Rock Sept. 16. Guests perused the room filled with 140 silent auction items, ranging from handcrafted jewelry and weekend excursions to sports memorabilia and original art. In the wine pull, guests purchased unique wine stoppers that accompanied a selection of more than 80 bottles of wine.

The live auction was a highlight of the festive evening. It featured 10 one-of-a-kind items, including a week's stay at a Caribbean villa, sapphire and diamond earrings, and a high tea and estate jewelry show. The fun and fast-paced auction was conducted by John Saugey of Pinnacle Auction and Estate Services.

An array of delectable appetizers was served by Erin Griffin and Cotham's Catering. Acoustic guitarist Josh Green entertained, while Mark Holder served as master of ceremonies.

Kaleidoscope Grief Center, a program that became part of the Methodist Family Health continuum of care in January 2009, helps children, teens and families who have lost loved ones. The seven Methodist Counseling Clinics across the state serve primarily children and youth up to age 18 and offer a variety of services, including individual, family and group therapy, behavior management, and parent support and education.



Nathan Rutledge, Janett and Larry Crain, Reynie Rutledge



Auction committee member Lynn Staten with Cathy Moffett



Michael Desselle, recovering from a recent cycling accident, and his wife, Susan, take home a bottle of Dom Perignon champagne from the wine pull.



Ted Snider, Anne Black, Leslie Clement



Joe and Stephanie Bender, Tom Bartole and Dr. Loren Bartole, Vicki and Bernie Finch

CHRISTMAS CAMPAIGN 2011

Gifts That Give Twice

There are so many ways to help children and families through Methodist Family Health.

Teach Your Child or Grandchild to Give

Talk to your child or grandchild about children who might not be with their families this Christmas, and take them to purchase a football, soccer ball or jump rope. Donate the play items to Methodist Family Health.

Honorarium/Memorial Giving

Honor or memorialize someone who has meant a great deal to you, and help children, youth and families at the same time.

Giving Through Your Church

Participate in one of the Sunday offerings in December for Methodist Family Health at your local United Methodist Church, or encourage your church to take up an offering that will benefit the children and families of Methodist Family Health.

Consider a Bequest to Methodist Family Health

Talk to your attorney about including Methodist Family Health in your will. You can specify the program you would like to benefit. If you've been moved by the work done with children at the Methodist Behavioral Hospital, Methodist Children's Home, Kaleidoscope Grief Center or Arkansas CARES, you can allocate it to a specific program.

Consider a Gift That Gives Back

There are many charitable vehicles that allow you to place appreciated assets and receive a set or flexible amount of money back through the course of your lifetime with the residual or partial residual coming to Methodist Family Health. Speak to your financial advisor about a unitrust, annuity trust or annuity.

To donate online, visit www.methodistfamily.org.

The holidays are about GIVING! Consider increasing your giving this year to include one of our wonderful program areas at Methodist Family Health. We sincerely appreciate any help you can give and look forward to speaking with you about any of these opportunities. For information, contact Ashley Coldiron (ext. 7300) or Maggie Beeler (ext. 7299) by phone at (501) 661-0720 or by email at acoldiron@methodistfamily.org or mbeeler@methodistfamily.org.

DEAR SANTA (or Santa's helpers),

Here are some reasons to add Methodist Family Health to your Christmas List:

1. Teaching your kids to give to others makes a lasting impression.
2. Honoring someone you love is a special gift at Christmas.
3. You will feel good for helping.
4. It will make a child feel cared for.
5. Christmas is about giving to others.
6. And 1,400 other reasons, all with their own names — Methodist Family Health cares for 1,400 women, children and families each day.

If you and your family would like to be Santa's helper this year, contact Ashley Coldiron at (501) 661-0720 (ext. 7300).

2011 Completed Donor Projects

Thanks to the generous support of Methodist Family Health contributors, the following capital projects were completed in fiscal year 2011:

Dacus Residential Treatment Facility, Bono

Added fencing, expanded playground	\$40,000
Basketball goal and court	\$1,500
Two LCD televisions	\$1,500

Fillmore Campus programs

Connected kitchen electrical to emergency generator in Cottage 10	\$3,000
Added tornado shelter at Cottage 11	\$5,000
Replaced siding in Cottage 9	\$5,500
Replaced wood awning with metal on Cottage 1	\$6,871
Added dayroom furniture in Cottage 5	\$11,000
Replaced flooring with plank floors in Cottage 11	\$15,685
Replaced flooring with plank floors in Cottage 15	\$7,351
Trimmed trees throughout campus	\$4,000
Changed sliding doors to hinged ones on Cottage 11	\$3,000
Replaced roof on Cottage 10	\$13,293
Replaced roof and gutters on Cottage 9	\$14,212
Replaced roof and gutters on Cottage 3	\$15,138
Replaced windows on Cottage 8	\$21,000
New toaster oven and microwave for the MCH maintenance dept.	\$200

Heber Springs Group Home

Painted home interior	\$10,500
Replaced upstairs carpet with plank flooring	\$6,300
Added alarm system	\$2,400
Home animal project	\$1,600

Helena Group Home

Painted home interior	\$9,500
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Magale Manor Group Home, Magnolia

Painted home interior	\$13,900
Replaced carpet	\$4,132
Added alarm system	\$4,040
Basketball goal and court	\$1,500

John Magale Group Home, Magnolia

Added alarm system	\$3,820
Replaced roof	\$11,968

Magale Manor and John Magale Group Homes, Magnolia

Repaired road, graded, shaped up ditches, added gravel	\$7,200
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Magale Day Treatment School, Magnolia

Garden plot	\$1,000
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Searcy Group Home

Added alarm system	\$2,400
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Fayetteville Group Home

Added alarm system	\$2,400
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Methodist Behavioral Hospital, Maumelle

Added three washer/dryers @ \$1,500 per pair	\$4,500
Purchased furniture @ \$12,000 per room for three dayrooms and multipurpose rooms	\$36,000
Replaced five doors @ \$1,400 each	\$7,000
Furniture and decorations for lobby, in honor of 10th anniversary	\$2,000
Chairs and picnic tables; therapy games; "Priv Crib" toys and activities; school-based summer program materials, including therapy books, games, art supplies, gift cards and outings	\$6,771

Methodist Family Health Administrative, Aldersgate Road, Little Rock

Added economizer for air conditioner	\$7,000
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Little Rock Residential Treatment Center

Audio-visual equipment	\$1,000
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Little Rock Emergency Shelter

Summer activities	\$700
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Arkansas CARES

Purchased 25 twin mattresses	\$2,558
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Total: \$318,439

In addition to completed capital projects, donor support allowed us to fund multiple unreimbursed expenses within Methodist Family Health's many programs, as well as projects like Bibles for clients, Camp Healing Hearts and peer support bereavement groups for families who have lost loved ones, and a camp experience for our group home kids.

Total Donations in FY2011: \$1,337,982

Cost Per Dollar Raised (three-year average): \$.29

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THIS CHRISTMAS, START A NEW FAMILY TRADITION CHANGE THE LIFE OF AN ARKANSAS FAMILY

Methodist Family Health is a nonprofit organization that provides comprehensive psychiatric and behavioral healthcare to children and families throughout Arkansas. By donating to Methodist Family Health, you'll improve the lives of thousands of Arkansas families in desperate need of answers and guidance. This Christmas, listen to your heart and help us care for the children and families who need your love and support.



CHOOSE ONE OF THESE THREE CONVENIENT OPTIONS:

- ★ Visit www.methodistfamily.org for online giving
- ★ Make checks payable to Methodist Family Health Foundation and mail to P.O. Box 56050, Little Rock, AR 72215
- ★ Call (501) 661-0720 ext. 7304



Rebuilding the Lives of Children and Families Since 1899

MethodistFamily.org 