

LIGHT BEARERS



Group Home Alum Pursues Dreams with Help from MFH Foundation Scholarship

Tiffany Levosky is a wife, mom, homeowner, college graduate with honors and currently working on her master's degree in social work. Her goal after completing that degree is to pursue a Ph.D. and teach social workers how to work with kids who feel lost.

Tiffany's passion for children has deeper roots than her firm sense of servant leadership. In 2003, she lived in Methodist Family Health's group home in Springdale. While it was tough being in a place where there was structure, routine and consequences for both good and bad choices, Tiffany says the three years she spent with Methodist Family Health saved her life.

"I was young, confused, and I'd been in foster care for many years before I came to Methodist Family Health," she said. "I was angry at the world and everything that happened to me, and I was making choices that led to negative consequences."

Tiffany's calling to pursue a higher education and teach others has been aided by a scholarship from Methodist Family Health Foundation. Any child who has spent one night in our therapeutic

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Donors Brighten Lives by Sharing the Light

The donors and contributors to our 2017 Share the Light Christmas Appeal took their light into the world over Thanksgiving and Christmas. Because of you, Methodist Family Health has raised more than \$389,000 to date, which will go directly to helping Arkansas children who struggle with psychiatric, behavioral, emotional and spiritual issues.

"By giving a financial gift through this appeal, our donors are making it possible for the Arkansas children and families we serve to know peace and stability," said Carolyn McCone, CFRE, executive director of the Methodist Family Health Foundation.

Since 1899, Methodist Family Health has helped rebuild the lives of Arkansas children who are abandoned, abused, neglected and dealing with psychiatric, behavioral, emotional and spiritual issues. We rebuild these lives through a comprehensive continuum of care, which began as the Arkansas Methodist Orphanage in the 19th century. Today, our services include: Methodist Behavioral Hospital, psychiatric residential treatment centers, therapeutic group homes, an emergency shelter, day treatment programs, outpatient and school-based counseling clinics, the Kaleidoscope Grief Center and the Arkansas Centers for Addictions Research, Education and Services (Arkansas CARES). The mission of Methodist Family Health is to give the best possible care to those who may need our help and to treat the whole person: psychiatrically, behaviorally, emotionally and spiritually.

PRESIDENT'S CORNER

Dear Friend:

The new year brings with it much hope and trepidation. As we look back on what we have accomplished, we also mull over what could have been – setbacks, loss, opportunities passed. For the children and their families we serve at Methodist Family Health, these contemplations are what make up their journey to peace and stability. None of us want to acknowledge our shortcomings, but to do so means personal growth and the ability to help others grow as well.

As a contributor to Methodist Family Health, you make it possible for Arkansas children and families to reflect, assess and receive the support they need to make positive choices and become stable, productive contributors to our society. Whether it's through your financial gift, prayer, volunteer service or donations of everyday necessities, your contributions have a direct and uplifting effect.

In this issue, you will find examples of all the ways you have made progress happen. On behalf of the team at Methodist Family Health, I thank you for your generosity and compassion.

Yours in service,


Andy Altom

CEO




LATEST NEWS & EVENTS

Methodist Family Health News and Events


 **Gwendolyn Gray**, residential director and a former client of Arkansas CARES, was recognized by Arkansas Hospitals magazine for her example and contribution to that program. You can read her story on page 41 at <http://www.arkhospitals.org/archive/arkhospmagpdf/AHAWinter2017.pdf>.



 **Dr. Scott Hogan**, medical director; and **Cyndi Coleman-Walker**, LCSW,



director of outpatient services, are finalists in Arkansas Business's 3rd Annual Health Care Heroes best-of list. They will be honored at a luncheon at the Embassy Suites in Little Rock on Wed., March 28.

 Methodist Family Health Foundation is launching its **9th Annual Get Up & Give Collection** as a way Arkansans can honor the Lenten season by contributing to Arkansas children and families in our care. Anyone can contribute necessities to the children and families in our care by donating personal hygiene items, clothes, shoes, school supplies, bedding, funds and other necessities to the Methodist Counseling Clinic in their community. For a list of items, drop-off locations and more information, visit <https://www.methodistfamily.org/get-up-give/>.



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HOW TO GIVE

Four Easy Ways to Give Today

You can help Methodist Family Health rebuild the lives of Arkansas children and families right now. Your financial contribution creates peace and stability for those we serve and the communities in which we all live.

1. **TEXT** – Text GIVE to 501-254-6048. You will be guided on the amount you'd like to give.
2. **ONLINE** – Visit MethodistFamily.org and click on Donate Now. This will open a short form for you to complete to make a donation.
3. **CALL** – Call us at 501-906-4209 and provide an amount you would like to contribute through your debit or credit card. This call and your card information are secure and confidential.
4. **MAIL** – Send a check in the amount you would like to give to Methodist Family Health, P.O. Box 56050, Little Rock, Arkansas 72215.

For all contributions, you will receive a receipt for your tax records.

Your Service Helps Just as Much

With your support, Methodist Family Health rebuilds the lives of thousands of Arkansas children and families each year. If you would like to help, here's how:

1. Choose Methodist Family Health as a Mission of the Month at your church, in your Sunday School or small group.
2. Invite Methodist Family Health to speak during worship service; Sunday School, youth, mission or small group meeting; or a civic group such as Rotary or Civitan.
3. Collect loose change one Sunday each month to contribute to Methodist Family Health.
4. Identify an ambassador in your church or community group who can learn about Methodist Family Health and share our mission with others.
5. Participate in special events like the 9th Annual Get Up & Give Lenten Collection, Southern Silks in May, Bright Night in August or our Christmas Appeal in November, December and January.

WHAT'S HAPPENING AROUND MFH

Companies, Churches, Organizations Make Christmas Merry for MFH Children



The Christmas spirit swept through the administrative offices of Methodist Family Health as donors from companies, churches and organizations both large and small brought toys and other gifts for our children. Director of Pastoral Care Amy Shores spearheaded the collection, wrapping and distribution of the gifts. Every child in Methodist Family Health's behavioral hospital, psychiatric residential treatment centers and therapeutic group homes received at least four gifts on Dec. 25.

The joy these gifts bring would not have been possible without the generosity of the donors who gave them. We are grateful for your compassion and contributions.

Arkansas CARES Featured on KTHV Ch. 11 News

Laura Monteverdi, an anchor and reporter with CBS-affiliate KTHV Ch. 11 in Little Rock, interviewed a graduate of the Arkansas CARES program, which aired Jan. 4. Arkansas Centers for Addictions Research, Education and Services helps women who have a dual diagnosis of substance abuse and a mental health issue become better mothers, women and members of society.



To see the complete interview, visit

<http://www.thv11.com/news/local/family-centered-program-helping-mothers-overcome-substance-abuse-mental-health-issues/504831687>.

Celebrity Police Officer Tommy Norman Celebrates a Capital Christmas with Magnolia Boys



Tommy Norman, the North Little Rock Police officer who has made a name for himself for his generosity toward the community he serves, joined the boys in our Magnolia group homes to celebrate Christmas at The Capital Hotel in Little Rock. The boys got to dress up, take a trip to Little Rock, meet Officer Norman, see The Capital Hotel decorated for Christmas, and enjoy a side trip to Subway on the way home.

LIGHT BEARERS

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group homes or psychiatric residential treatment centers is eligible to receive a scholarship up to \$3,500 per semester. The scholarship isn't just for two- and four-year colleges; it also applies to vocational, trade and technical training.

"The MFH system really made me see that I had more value than I expected, that I do matter to someone. It was beneficial to me that the group home staff showed me care and concern for my well-being," Tiffany said. "If I could give advice to the kids at Methodist Family Health, it would be to

soak it up. Everything they teach you is usable information, and you'll use it for the rest of your life. It's there to teach you how to be a better person. These kids feel like they have nothing. From the moment they are taken away from their family, they feel like it's their fault. It absolutely is not. You have so much worth and knowledge you don't even realize yet. You are capable to do whatever you want to."

To learn about Tiffany's complete story, watch her video on the Methodist Family Health YouTube channel.



Methodist Family Health

SENTINEL

a publication of the Methodist Family Health Foundation

Carolyn McCone, CFRE, Executive Director

Maggie Beeler, LAC, Director of Development

Kelli Reep, Director of Communications

Cathey Henry, Associate Director of Development

Denise Luft, Church Relations Associate

Jamie Griffith, Office Manager and Volunteer Coordinator

1600 Aldersgate Road
Little Rock, AR 72205
501.906.4209

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For more information, contact:

Kelli Reep, Editor

501-906-4210

kreep@methodistfamily.org

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Methodist Family Health is the management company of:

- Methodist Children's Home
- Methodist Behavioral Hospital
- Methodist Counseling Clinics
- Arkansas CARES

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Methodist Family Health News and Events

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Progress on the **new psychiatric residential treatment center** at the Methodist Children’s Home in Little Rock is coming along splendidly. For video of the construction from the ground up, visit the Methodist Family Health YouTube channel.



Ride to the rescue of children and families in Arkansas AND celebrate the 144th running of the Kentucky Derby at **Southern Silks**, Methodist Family Health’s post-race soiree and signature fundraiser. Jockey your own hobby horse in a faux race where you can win prizes, indulge in Derby Day-inspired delights and libations, nab a prize at the live and silent auctions, show off your finest Derby hat, and much, much more.

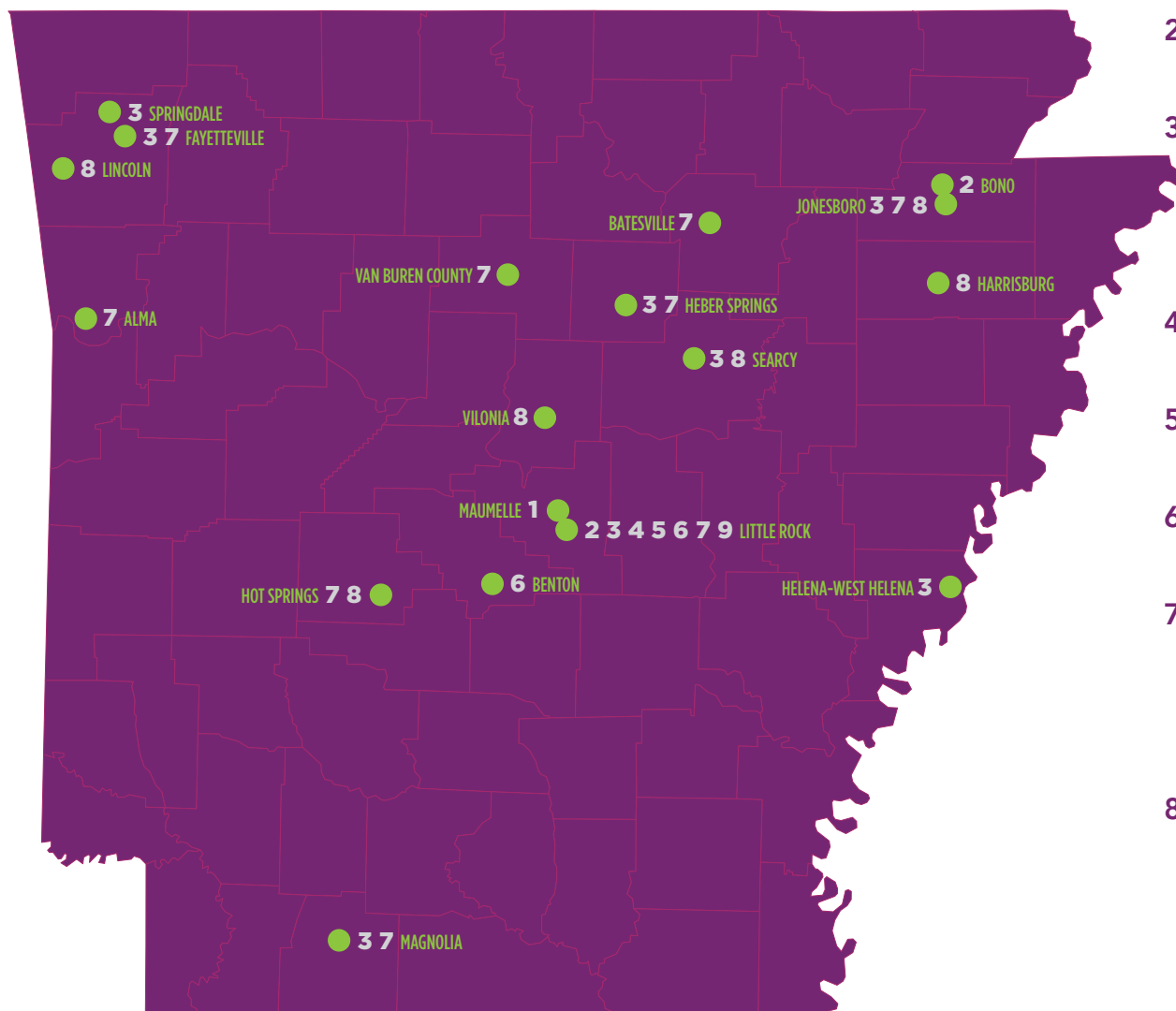
For sponsorship, tickets and information, contact Cathey Henry, associate director of development, at chenry@methodistfamily.org or 501-906-4201. You also can visit the Southern Silks web page at <https://www.methodistfamily.org/southern-silks/>.



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LOCATIONS OF CARE



- 1 - Methodist Behavioral Hospital**
Maumelle
- 2 - Residential Treatment Centers**
Bono Little Rock
- 3 - Therapeutic Group Homes**
Fayetteville Magnolia
Heber Springs Springdale
Helena-West Helena Searcy
Little Rock
- 4 - Emergency Shelter**
Little Rock
- 5 - Arkansas CARES**
Little Rock
- 6 - Therapeutic Day Treatment**
Benton Little Rock
- 7 - Counseling Clinics**
Alma Hot Springs
Batesville Jonesboro
Fayetteville Little Rock
Heber Springs Magnolia
- 8 - School-Based Counseling**
Harrisburg Nettleton
Hot Springs Van Buren County
Jonesboro Vilonia
Lincoln White County
Success Achievement Academy
- 9 - Kaleidoscope Grief Center**
Little Rock