

## LIGHT BEARERS



*Estella Blue, office manager of Methodist Family Health Day Treatment Program*

The only blues the office manager at Methodist Family Health's day treatment program has is her name. Estella Blue, or Ms. Stella as our students call her, joined our team in 2015 as a behavioral instructor. A year later, she was promoted to office manager where she must think quickly and act prudently. Among her duties are arranging intake for prospective students, working as a liaison with the school districts, obtaining and securing all documentation for the students' records, ensuring day treatment students stay in compliance, scheduling students' visits with Methodist Family Health's psychiatrist, and, as she says, being what the children need when they need me.

**Q: Tell us a little about yourself. Are you from Arkansas originally?**

*A: I moved to central Arkansas in late 2013 from Monroe, Louisiana. I don't have any family here, but I love the area and its breathtaking scenery.*

**Q: What inspires you to come to work every day?**

*A: I'm inspired by God every day! I feel so good when I help people, whether it be a listening ear, a warm embrace, or just reassuring the children I work with that they can be anything they want to be. Every child that comes through our doors in the mornings has a weight*

*continued on page 3*



**1899**  
**2019**  
Rebuilding Lives for 120 years

## 120 Years of Rebuilding the Lives of Arkansas Children and Families

Since 1899, Methodist Family Health has cared for Arkansas children and their families who are abandoned, abused, neglected and dealing with psychiatric, behavioral, emotional and spiritual issues. This year, we celebrate 120 years of fostering peace, stability and hope through a comprehensive continuum of care. That care includes:

- Methodist Behavioral Hospital,
- psychiatric residential treatment centers,
- therapeutic group homes,
- an emergency shelter,
- day treatment programs,
- outpatient, school- and community-based counseling,
- Kaleidoscope Grief Center, and
- Arkansas Centers for Addictions Research, Education and Services (Arkansas CARES).

The mission of Methodist Family Health – then and now - is to give the best possible care to those who may need our help. Join us this year as we celebrate our past and look to our future.





Dear Friend:

My tenure with Methodist Family Health, while long, has not quite

reached 120 years. However, our continuum of care began in 1899 with a two-story framed house on three lots in downtown Little Rock. Established as the Arkansas Methodist Orphanage, Methodist Family Health grew over a century to include services offered statewide such as therapeutic group homes; psychiatric residential treatment centers; day treatment programs; outpatient, community-based counseling; Methodist Behavioral Hospital; an emergency shelter; and the Arkansas Centers for Addictions Research, Education and Services (Arkansas CARES).

We didn't accomplish this growth alone. It's because of a legacy of giving – time, talent, funds and prayer – that Methodist Family Health can give the best possible care to those who may need our help. Thank you for being a part of this progress and join us as we grow into our next century of care.

Sincerely,

Andy Altom  
CEO



## Donors Share Their Light with Children, Families in 2018

The donors and contributors to our 2018 Share the Light Christmas Appeal shined especially bright for the Arkansas children and families we serve at Methodist Family Health. Because of you, we have raised \$313,214.43 through December 31, 2018 – with more coming in! - which will go directly to helping Arkansas children who are abandoned, abused and neglected.

"These funds pay for therapy resources, clothes, personal hygiene items, school supplies, bedding – whatever the children and their families in our care need," said Carolyn McCone, CFRE, executive director of the Methodist Family Health Foundation. "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."

## Get Up, Stand Up, Give this Lenten Season

The 10<sup>th</sup> Annual Get Up & Give collection drive asks Arkansans to contribute necessities to the children and families in our care during the entire 40 days of Lent – Wed., Mar. 6 through Thurs., April 18. Both children and adults can participate by donating NEW personal hygiene items, clothes, shoes, school supplies, bedding, funds and other necessities. Monetary donations also can be contributed so specific items can be purchased to meet the needs of the children at MFH.

Contributions can be delivered to the Methodist Family Health Counseling



Clinic serving the community closest to the contributor beginning April 22. For a complete list of items needed, drop-off locations and more information see

the flyer in this newsletter, visit <https://www.methodistfamily.org/get-up-give/> or contact Kelli Reep at 501-906-4210 or e-mail [kreep@methodistfamily.org](mailto:kreep@methodistfamily.org).



Methodist Family Health

## SENTINEL

a publication of the Methodist Family Health Foundation

## Team Members Honored with Awards at 41<sup>st</sup> Annual Teaching-Family Conference

Three team members at Methodist Family Health were recently honored with awards at the 41<sup>st</sup> Annual Teaching-Family Association Conference in Omaha, NE. They are:



**Craig Gammon**, administrator of the United Methodist

Children's Home at Methodist Family Health, who received the 2018 Montrose Wolf Award for Distinguished Contributions, which is given to individuals for their exceptional contributions in implementing the Teaching-Family Model.

**James Hess** with The Call, who was honored with the 2018 Teaching-Family Association Outstanding Contribution in Human Services Award, which is given to honor an organization or individual for their community, regional, national, or international advocacy and support of children and families.

**Nicholas Rucker**, behavioral instructor at Methodist Family Health's day treatment program in Benton, who received the 2018 Teaching-Family Association Distinguished Practitioner Award, which provides national recognition and honor to outstanding Teaching-Family practitioners from each of TFA's accredited sponsor agencies.

## Families, Inc. Completes Contribution to Methodist Family Health



At the last home football game in 2018 for the Arkansas State University Red Wolves, Nicole McCauley, administrator of the Dacus psychiatric residential treatment center in Bono, accepted a check from Families, Inc. as part of the Howl for Humanity 2018 project. Dawn Layer, director of

Marketing for Families, Inc. Counseling Services in Jonesboro, and Mark Thurman, CEO, were on the field to present the check to Methodist Family Health and the other mental health providers who benefited from the contribution.

**Carolyn McCone**, CFRE, Executive Director  
**Lesley Roberts**, 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

The Sentinel is published four times a year. For more information, contact:  
 Kelli Reep, Editor  
 501-906-4210  
 kreep@methodistfamily.org

Photos: Kelly Quinn, Mark Fonville and Methodist Family Health staff

© Methodist Family Health Foundation  
**MethodistFamily.org**

Methodist Family Health is the management company of:

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

### FOLLOW US

- facebook.com/methodistfamilyhealth
- @MethodistFamily
- instagram.com/methodistfamilyhealth
- YouTube.com/MethodistFamilyHealth

### Methodist Family Health Board of Directors

Chairperson Mike Millar, Searcy  
 Ritter Arnold, Marked Tree  
 Scott Beardsley, Paron  
 Harry Clerget, Little Rock  
 Dr. Charles Clogston, Little Rock  
 Russ Hannah, Jonesboro  
 Betty L. Hanson, Little Rock  
 Rev. Nathan Kilbourne, Sherwood  
 Bill Mann, Little Rock  
 Rev. Michael Mattox, Rogers  
 Rev. C.E. McAdoo, Little Rock  
 Judge Robert McCallum, Arkadelphia  
 W.A. McCormick, Little Rock  
 Bishop Gary Mueller, Little Rock  
 Jamilyn Noble, North Little Rock  
 Rev. Jim Polk, Benton  
 Stephen Rowell, Little Rock  
 Neill Sloan, Lake Village  
 Don Weaver, Conway

### Methodist Family Health Foundation Board of Directors

Chairperson Misty Baugh, Little Rock  
 Ritter Arnold, Marked Tree  
 Scott Beardsley, Paron  
 Laura Borg, Little Rock  
 Rev. J. Wayne Clark, Conway  
 Ray Dillon, Little Rock  
 Jim Duckett, Little Rock  
 Pam Gadberry, Little Rock  
 Jan Green, Little Rock  
 Rev. Adam Kirby, Little Rock  
 Becky Kossover, Little Rock  
 Mike Millar, Searcy  
 Nathaniel Noble, North Little Rock  
 Rev. Carl Palmer, Harrison  
 Sherry Rowbotham, Clarksville  
 Ann Rowell, Little Rock  
 Neill Sloan, Lake Village  
 Bill Spivey, Little Rock  
 Lynn Staten, Little Rock, emeritus  
 Erin Taylor, Little Rock  
 Cleifton Vaughan, Little Rock, emeritus  
 Pat Becker Wallis, Little Rock  
 Don Weaver, Conway

**The mission of Methodist Family Health is to give the best possible care to those who may need our help.**

## LIGHT BEARERS

continued from page 1

*on them, and I love being the one to bring that smile out.*

**Q: What do you think people should know about Methodist Family Health and our day treatment program?**

**A:** The majority of our children in the day treatment program come from nontraditional homes. Some face issues that I've never faced in my life, which decreases their interest in learning or transitioning into the "real world." The day treatment program and teaching-family model are definitely the foundation to

*maintain good behavior and ensure a prosperous future.*

**Q: What are some ways people can help advance our mission of giving the best possible care to those who may need our help?**

**A:** Effective communication is one of the key methods to give the best possible care to our students. Once you get to the root of the problem, then you can move forward in making suggestions of what can be done to make the situation better.



## Save the Date for Southern Silks

Saturday, May 4, 2019  
Embassy Suites Little Rock

For information, contact Cathey Henry at 501-906-4201.  
email [CHenry@MethodistFamily.org](mailto:CHenry@MethodistFamily.org)  
or visit [Methodist Family.org](http://MethodistFamily.org)



P.O. Box 56050  
Little Rock, AR 72215-6050

Nonprofit Org.  
U.S. Postage  
**PAID**  
Little Rock, AR 72204  
Permit No. 387

## SHARE THE *Light*

Photos of holidays throughout MFH

