

Share the Light 2018

Looking to You to Share the Light

Light Bearer

How Julie Got Her Daughter Back,
and Her Life

**Spiritual Care Emphasized
in Treatment of Arkansas
Children, Families**

**Methodist Family Health's
Newest Facility Opens on
Its Oldest Campus**



This stargazer is a recipient of Methodist Family Health's services.

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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: behaviorally, emotionally and spiritually.

Help Santa Give to Kids, Families at Methodist Family Health

This Christmas, Methodist Family Health needs your help to give Christmas gifts to the kids and their families in our care. If you would like to be an elf to a child or family in need this holiday, here are the things they ask for most:

- Paperback books (fiction and devotional for ages 10 to 18)
- Basketballs, footballs and soccer balls
- Body wash and bath sets (no bar soap)
- DVDs (rated G and PG)
- Hooded sweatshirts, pajamas, slide-on sandals, slippers and tennis shoes (adult sizes only)
- Brightly-colored socks in all sizes
- Art supplies including adult coloring books, colored pencils, crayons, markers, non-spiral sketch notepads and art kits
- Board and card games
- Make up and nail polish in all shades
- Toys like small stuffed animals and remote control cars
- Individually-wrapped candy and snacks
- Gift cards for Walmart, Target and iTunes
- MP3 players
- Blankets



For help with coordination, contact Amy Shores, director of pastoral care, at AShores@MethodistFamily.org or call 501-661-0720.

Share the Light 2018

Dear Friend,

When I look back over this year, I'm amazed at just how much we have accomplished at Methodist Family Health. In 2017, we broke ground on a new psychiatric residential treatment center in Little Rock. This autumn, we moved in our clients and dedicated that building to rebuilding the lives of the children and their families within it. We relocated a counseling clinic, added a new counseling service (certified infant mental health therapy, which you'll learn more about in this issue), hired new staff and broadened our reach throughout Arkansas. For all of this, I am grateful.

I am also grateful to you for making this progress happen. The donors who contribute to the Methodist Family Health Foundation made it possible for us to provide 195,000 services to almost 5,600 children and their families in 2018 alone. Our donors also made it possible for us to remodel the 1950s-era kitchen in the Arkansas CARES cottages with new appliances and cabinetry. Grants for art therapy help us reach kids in the Methodist Behavioral Hospital who can't communicate any other way than through their creativity.

I hope when you flip through this issue that you are inspired by all the things our staff and volunteers do to reach the children and families who are abused, abandoned and neglected that we serve. I hope you see how your gifts are contributing to a more peaceful, stable and hopeful future for our clients and our communities. And I hope you have a joyful and grateful holiday season.

Regards,

Andy Altom
President and CEO



Methodist Family Health

SENTINEL

a publication of the Methodist Family Health Foundation

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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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How Julie Got Her Daughter Back, *and Her Life*



Editor's Note: This story is true, written by Steve Brawner, a syndicated columnist in Arkansas, and published in the August 22, 2018 issue of the Pine Bluff Commercial. Mr. Brawner graciously permitted us to reprint this column in whole and thanked us "for the great work we do."

On Jan. 11, 2013, Julie Johnson's daughter, Anna, didn't come home from day care. At first, Julie didn't know where Anna was, but at least she knew who had taken her: the state of Arkansas.

Before long, she began to appreciate why. She and her estranged husband were meth addicts, and their homes were no longer safe.

Eight months later, Julie (whose name and Anna's were changed for this story) was getting the help she needed, and Anna was back in her custody. On June 6, 2014, their case closed for good.

How did Julie get her daughter back, and her life? With help from people who cared.

Before losing Anna, Julie and her husband had been traveling a downward path. She'd immigrated from Australia, married, and settled in Mountain Home. They started using methamphetamine. Eventually they separated, and Anna split time between their homes. There were sessions involving the Department of Human Services. One day, Julie's husband was doing a drug deal and didn't pick up Anna from day care. The owner took her home, DHS was called, and Anna was placed in foster care.

From that point, Julie's downward path became a spiral. Heartbroken and guilt-ridden, she began using more drugs to ease the pain. Her husband moved away. She slept at his office with other drug addicts, but no one was paying the bills and they couldn't stay. Eventually they divorced, and she became involved in an abusive relationship, allowing herself to be beaten almost daily because she thought she deserved it.

Eventually she sought shelter in Gamma House, which serves homeless women and children in Mountain Home. She was given a voucher to rent a one-bedroom place. Her DHS caseworker, Chuck Hurley, would drive her eight hours round trip to see Anna, who was staying with her foster parents, Nanny and Pop.

They were, she said, "the sweetest people."

"I was just so thankful, because that's where Anna began to really shine and feel like she was in a family again, and I just thank them for being the people that they were and for looking after my child when I couldn't," she said.

She eventually spent five months at Arkansas CARES, a rehab facility in Little Rock operated by Methodist Family Health for women with small children and for pregnant women. It was a tough program that emphasized accountability.

While there, Anna was returned to her on Sept. 19, 2013, a moment that felt "like a part of me was back." She and the other residents' children were bussed to a nearby school.

After Julie completed her program, they moved back to Mountain Home. She became a Christian, found a job at a pet boarding facility, and married. She now supervises four employees.

Julie gives much of the credit for her comeback to Chuck, her caseworker who still provides her an occasional helping hand.

"He never gave up on me, even though there were times through the process he could have or should have," she said. "If I did slip up, of course he was disappointed, but he always told me that he believed in me.... He was like the only solid, normal person, if you want to say, in my life."

An agency employee since 2012, Chuck said parents like Julie need lots of contact with the caseworker, adequate services, a support system, and time with their children. Having to explain to a five-year-old why he can't be home with his parent can be difficult, but you have to approach it with respect.

Even when living in a loving and stable foster home, children still have an attachment to their biological parents, he said. That's one reason Arkansas'

system is oriented toward reunification. In fiscal year 2017, 41 percent of the almost 4,000 children discharged from foster care returned home. Another 27 percent went to a relative, while 23 percent were adopted by another family.

Many people invested time, money and effort in helping Julie recover: Chuck, Nanny and Pop, the staffs at Gamma House and Arkansas CARES, the boyfriend's sister who took her

to church before she even went to rehab, and others. Donors and taxpayers funded much of the costs.

With their help, she went from being a meth addict whose daughter was taken from her, to being a married mom and taxpaying employee supervisor. And Anna's at home.

Thank goodness for Arkansas CARES, and for Chuck and all those others in Arkansas who cared.

With their help, she went from being a meth addict whose daughter was taken from her, to being a married mom and taxpaying employee supervisor. And Anna's home.

Share the Light

Your Contributions
Change Lives



Give Stability, Peace and Hope This Season

As a Methodist Family Health donor, you have seen how a contribution – whatever the amount – has shined the light of stability, peace and healing on the Arkansas children and families we serve. This November and December, Methodist Family Health asks you to share your light with our state's kids who are abandoned, abused, neglected and

struggling with psychiatric, behavioral, emotional and spiritual issues.

This year, a generous donor will match new and increased contributions up to \$10,000 so your gift to Share the Light goes even further. Please include Methodist Family Health in your plans to give during the holiday season.

Easy Ways You Can Give

Choose any of these *five* ways to make a gift to Methodist Family Health.

5

- 1. Text** Text **GIVE** to **501-254-6048**. You will be guided on how to complete your contribution.
- 2. Online** Visit **MethodistFamily.org/Donate**. Complete the short form and click the green **DONATE** button.
- 3. Call** Call **501-906-4209** to contribute via credit or debit card. This call and your financial information are confidential.
- 4. Church** Make a contribution to Methodist Family Health at church and place in the **offering plate**. Or, complete the form on the return envelope in the 2019 Share the Light brochures and either place in the offering plate or mail in with a stamp.
- 5. Mail** Make a **check** to Methodist Family Health, place it in the envelope in this issue and drop it in the mail. Or, make a contribution any time of year by mailing:

Methodist Family Health
P.O. Box 56050
Little Rock, Arkansas 72215

Save the Dates for Special Offering Sundays in Arkansas's United Methodist Churches

Look for our Share the Light brochures at church.

You can make a donation by completing the envelope attached to the brochure and dropping it in the mail to us. You also can make a donation in these envelopes and include them in the offering plate on Special Offering Sundays.

This year, those dates in Arkansas's United Methodist Churches are:

- Sunday, December 9, 2018
- Sunday, December 16, 2018

Methodist Family Health to Celebrate 120 Years in 2019



Methodist Family Health began rebuilding the lives of Arkansas children and families in 1899 at the Arkansas Methodist Orphanage in

downtown Little Rock. Over the next 120 years, that initial mission of caring for the state's children and families who couldn't care for themselves expanded into a complete continuum of care with locations throughout Arkansas and services including inpatient, acute, sub-acute, long-term, residential and outpatient psychiatric, behavioral, emotional and spiritual treatment.

In 2019, you can help Methodist Family Health celebrate our legacy of care for more than a century. As we look to our next century, Methodist Family Health counts you as the foundation of our success.



Get Ready to Get Up & Give

Methodist Family Health has a way for Arkansans to honor the Lenten season by contributing to Arkansas children

and families managing psychiatric, emotional, behavioral and spiritual issues.

The 10th Annual Get Up & Give collection project asks Arkansans to contribute necessities to the children and families in our care. The project is during the entire 40 days of Lent—March 6 – April 19, 2019—and both children and adults can participate by donating personal hygiene items, clothes, shoes, school supplies, bedding, funds and other necessities to the Methodist Counseling Clinic in their community.

Methodist Family Health asks that all items contributed through Get Up & Give are new. Monetary donations also can be contributed so specific items can be purchased to meet the needs of the children at MFH. Contributions can

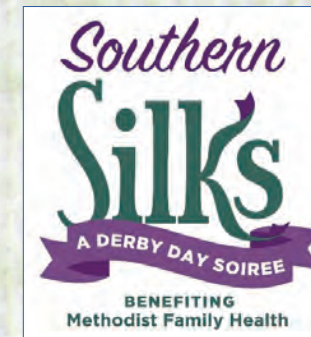
be delivered to the Methodist Family Health Counseling Clinic serving the community closest to the contributor after April 19, and drop-off locations include:

- **Alma:** 1209 Hwy 71N, Suite B, Alma, AR 72921; phone 479.632.1022
- **Batesville:** 500 E. Main St., Suite 310, Batesville, AR 72501; phone 870.569.4890
- **Fayetteville:** 74 W. Sunbridge Dr., Fayetteville, AR 72703; phone 479.582.5565
- **Heber Springs:** 407 S. 7th St., Heber Springs, AR 72543; phone 501.365.3022
- **Hot Springs:** 100 Ridgeway, Suite 5, Hot Springs, AR 71901; phone 501.318.6066
- **Jonesboro:** 2239 S. Caraway, Suite M, Jonesboro, AR 72401; phone 870.910.3757
- **Little Rock:** 1600 Aldersgate Road, Suite 100B, Little Rock, AR 72205; phone 501.537.3991
- **Magnolia:** 621 E. North St., Magnolia, AR 71753; phone 870.234.0739

For more information, visit MethodistFamily.org/get-up-give/ or contact Kelli Reep at kreep@methodistfamily.org or 501-906-4210.

Saddle Up for the 2019 Southern Silks

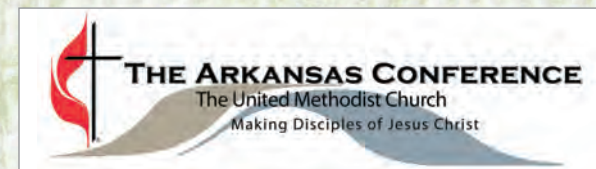
Methodist Family Health will saddle up its stable of stick ponies in May 2019 to help raise funds to rebuild the lives of Arkansas children and families. Southern Silks, the organization's signature fundraiser, is set for 6 p.m. at Embassy Suites 11301 Financial Centre Parkway in Little Rock on May 4, 2019.



Tickets are \$75 per person (assigned seating, open table) or \$50 per person (general admission). To purchase tickets, visit MethodistFamily.org/southern-silks.html or call Jamie Griffith at 501-906-4209 or e-mail jgriffith@methodistfamily.org.

For more information about Southern Silks, the rules of the game, or Methodist Family Health, visit MethodistFamily.org/Southern-Silks or contact Cathey Henry, associate director of development, at chenry@methodistfamily.org or call 501-906-4201.

Find Inspiration at the 2019 ARUMC Annual Conference



Save the third week of June 2019 for the Arkansas Conference of the United Methodist Church's Annual Conference. Held at the Bank of the Ozarks Arena at the Hot Springs Convention Center in Hot Springs, the Annual Conference is a chance for Arkansas's United

Methodists to network, learn about issues and advancements within the church, and consider resolutions brought before the body.

For more information about Annual Conference, visit ARUMC.org or contact Jim Polk, assistant to the Bishop and director of connectional ministry, at 501-324-8042 or e-mail jim.polk@arumc.org.

Light Up at 2019 Bright Night



Summer's hot days will lead to a cool night when kids and families join Methodist Family Health for the 3rd Annual Bright Night celebration. From 5-9 p.m. at Big Rock Mini-Golf and Fun Park in Little Rock on Friday, August 2, Bright Nighters can play mini-golf, bumper boats, arcade games, go-karts, lazer frenzy, batting cages, an amazing aerial maze and much more!

A light dinner and icy treats will be provided as ways to stay cool while the fun lights up. To sponsor, purchase tickets or for more information about Bright Night, contact Cathey Henry, associate director of development, at chenry@methodistfamily.org or call 501-906-4201.

Arkansas's United Methodist Churches Celebrated for Their Service, Outstanding Generosity

In 2018, Methodist Family Health Foundation honored the Arkansas United Methodist Churches in each district for their volunteerism and generosity toward the children and families in our care. The awards were based on the level of volunteerism and financial giving made in 2017.

The Generosity Award

Recognizes churches that have made significant financial contributions to Methodist Family Health

- | | |
|--|--------------------|
| • Central United Methodist Church, Fayetteville | Northwest District |
| • Hope First United Methodist Church, Hope | Southwest District |
| • Brinkley United Methodist Church, Brinkley | Southeast District |
| • Little Rock First United Methodist Church, Little Rock | Central District |
| • Jonesboro First United Methodist Church, Jonesboro | Northeast District |
| • Searcy First United Methodist Church, Searcy | Northeast District |

The Outstanding Volunteers Award

Recognizes churches that have provided exceptional volunteer support to Methodist Family Health.

- | | |
|---|--------------------|
| • Rogers First United Methodist Church, Rogers | Northwest District |
| • St. Paul-El Dorado United Methodist Church, El Dorado | Southwest District |
| • Magnolia First United Methodist Church, Magnolia | Southwest District |
| • Forrest City United Methodist Church, Forrest City | Southeast District |
| • Sardis United Methodist Church, Sardis | Central District |
| • Asbury United Methodist Church, Little Rock | Central District |
| • Pocahontas United Methodist Church, Pocahontas | Northeast District |
| • Batesville First United Methodist Church, Batesville | Northeast District |

Spiritual Care Emphasized in Treatment of Arkansas Children, Families

In 1899, Methodist Family Health was founded on Christian principles by Arkansas Methodists - *Whoever welcomes one of these little children in my name welcomes me; and whoever welcomes me does not welcome me but the one who sent me. – Mark 9:37.* For the almost 120 years since, Methodist Family Health has viewed the spiritual aspect of care for the kids and families we serve



Studying about Jesus

as just as important as their psychiatric, behavioral, emotional and well-being. Arkansas children who have been abused, abandoned and neglected can find peace, stability and hope here, and their families can find strength and learn how to work together to become stronger.

In 2017, Methodist Family Health hired Amy Shores as our director of pastoral care. Young and with a penchant for working with kids, Amy has brought her experience as a teacher and youth leader to minister directly to the hearts of the children and families in our care. Whether she is organizing communion at the Methodist Behavioral Hospital in Maumelle, leading kids in prayer circles at the Fillmore psychiatric residential treatment center and Little Rock group home, coordinating yoga for the moms in Arkansas CARES or writing devotionals for our staff, Amy is making certain those we treat know they have a safe place at Methodist Family Health to find peace.

Group home kids at Camp Tanako



Other spiritual aspects Methodist Family Health pursues include the Rev. Robert Regnier Memorial Summer Camp Fund. The fund makes it possible for the residents in our therapeutic group homes throughout the state to have a summer camp experience at Camp Tanako on Lake Catherine in Hot Springs each summer. Another fund provides bibles and spiritual study guides for any resident – child or adult – in our care if they would like one. Churches throughout the state host spirituality services for our kids, including vacation bible schools, music and parties; and they include them in their prayer lists and welcome them as part of their congregations. In fact, some of the boys in the Magnolia group home are active members of Magnolia First United Methodist Church, singing in the choir and participating in the youth group.

As we look to our 120th anniversary in 2019, Methodist Family Health will continue to attend to the spiritual needs of those in our care as is appropriate and necessary. We ask you to remember



Bishop Mueller serving communion

those in our care in your prayers, and we encourage you to become involved with the Methodist Family Health facility in your community.

2018 Year in Review



Helen Chandler, who in her 87 years counts being a licensed pilot, teacher, artist, mom and friend among her accomplishments, can add philanthropist to Methodist Family Health. In January, Ms. Chandler contributed all of her art supplies to the kids at Methodist Behavioral Hospital. Her son, Dave Eckess, who attends St. James United Methodist Church in Little Rock, picked up the supplies from his mom's new home in Miami and drove them to Maumelle. The kids created artwork to send Ms. Chandler for her thoughtfulness, which Methodist Family Health shipped to her to enjoy.



Helen Chandler



Methodist Family Health has a way for Arkansans to honor the Lenten season by contributing to Arkansas children and families managing psychiatric, emotional, behavioral and spiritual issues. This year's 9th Annual Get Up & Give collection project asked Arkansans to contribute necessities to the children and families in our care. The project is during the entire 40 days of Lent, and both children and adults participated by donating personal hygiene items, clothes, shoes, school supplies, bedding, funds and other necessities to the Methodist Counseling Clinic in their community.



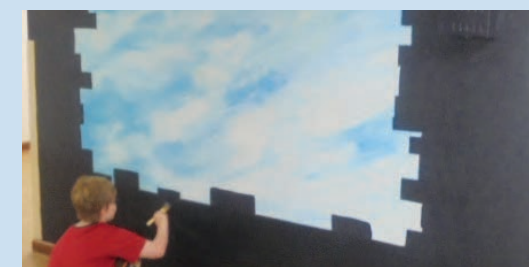
Dr. Scott Hogan and Cyndi Coleman-Walker were finalists in the Arkansas Business Health Care Heroes program, which honors individuals, companies and organizations making a significant impact on the quality of health care in Arkansas.



Dr. Scott Hogan



Cyndi Coleman-Walker



Methodist Behavioral Hospital in Maumelle is using art therapy as an alternative way for its client to communicate. Thanks to a \$10,000 grant from the Windgate Foundation, our hospital is able to install seasonal murals in the common areas and halls. The tree changes for each season to incorporate the colors and state of leaves appropriate for that time of year. The mural will be created during small group and individual sessions, and it is placed where family members and visitors can see it, which prompts them to talk about treatment. Their participation encourages and motivates our clients to make positive behavior choices. The murals are in transition, which serves as a metaphor for our clients and their journey of change and healing.



Highland Valley United Methodist Church in Little Rock youth led a spirituality service for the kids at Methodist Family Health in May.

The Godpleaser's Youth Choir from Heber Springs First United Methodist Church made their first stop on their summer tour at Methodist Behavioral Hospital in May.



From the Fall 2016 semester to Fall 2018, the Methodist Family Health Foundation Scholarship Fund has awarded more than \$107,000 in scholarships to 17 alums of Methodist Family Health residential program. These scholarships are being used to fund associate, bachelor and master's degrees at Arkansas State University, Arkansas State University Beebe, Arkansas State University Beebe in Heber Springs, Baptist Health College in Little Rock, Harding University, Kansas State University, National Park College in Hot Springs, Northwest Arkansas Community College, University of Arkansas – Pulaski Tech, Southern Arkansas University, University of Arkansas at Fort Smith, University of Central Arkansas, University of Texas in Arlington and Williams Baptist College.

University Beebe in Heber Springs, Baptist Health College in Little Rock, Harding University, Kansas State University, National Park College in Hot Springs, Northwest Arkansas Community College, University of Arkansas – Pulaski Tech, Southern Arkansas University, University of Arkansas at Fort Smith, University of Central Arkansas, University of Texas in Arlington and Williams Baptist College.

In June, the kids in Methodist Family Health's therapeutic group homes set sail for the Rev. Robert Regnier Memorial Summer Camp on Lake Catherine in Hot Springs. In addition to traditional summer camp activities like swimming, canoeing and crafts, the campers were treated to a carnival-themed Caribbean cruise. Volunteers set up games and served nachos, pastries, fruit and a good time.



Methodist Family Health saddled up its stable of stick ponies on Saturday, May 5 to help raise funds to rebuild the lives of Arkansas children and families. Southern Silks, the organization's signature fundraiser, ran at the Metroplex Event Center at 10800 Col. Glenn Rd. in Little Rock. Those attending celebrated the 144th running of the Kentucky Derby with this post-race, Derby Day-soiree that included faux horse races where guests are the jockeys. Prizes were awarded for each race, and guests enjoyed a Kentucky Derby-inspired dinner and libations, live and silent auctions, a hat contest, and much more.

Losing a loved one is difficult for everyone, and grieving that loss is essential to accepting painful feelings and creating an opportunity for growth and a new sense of normal. Camp Healing Hearts, a yearly event coordinated by Kaleidoscope Grief Center, a program of Methodist Family Health, is for Arkansas children ages 5 to 18 and their families who have lost a loved one and are coping with grief and bereavement. It is a free overnight camp at Camp Aldersgate in Little Rock and includes heart-to-heart time, swimming, fishing, crafts, games, campfires and s'mores, a challenge course and much more. An adult caregiver is required to accompany the grieving child or children attending camp.



In June, the Methodist Family Health Foundation attended Pathways to Hope, the annual conference of the Arkansas Conference of the United Methodist Church, in Hot Springs. Bishop Gary Mueller presided while Bishop Reuben Saenz, Jr., the episcopal leader of the Great Plains Area, and Rev. Junius B. Dotson, top executive of Discipleship Ministries, served as speakers.

On June 29, Methodist Family Health employees and their families were invited to Dickey-Stephens Park to watch the Arkansas Travelers play against the Corpus Christi Hooks. More than 150 people came out to see the game. Attendees were greeted by MFH staff at hula-skirted tables and enjoyed hamburgers, hot dogs and a rare summer breeze. To encourage cooling when the breezes didn't blow, attendees were provided custom MFH fans, and to cheer on the home team, they got purple and green foam fingers, which were a big hit with both the children and adults.





The boys at Dacus Residential Treatment Center had a busy summer filled with activities this summer. Residents enjoyed outings to the bowling alley, movies, fishing, hiking, library, swimming, a magic show, the park and nature center. There also were plenty of water balloon fights – for residents and staff alike – and the residents had a dance-off to wrap the season. In addition to the day trips, Dacus residents completed book reports to participate in the reading contest, and winners were treated to lunch. Other theme days included Arts and Crafts Monday, Movie Tuesdays, Music Day Wednesday, Game Day Thursday and Sports Friday.



A hot August day led to a Bright Night of fun for Methodist Family Health. From 5-9 p.m. on Friday, August 3, youth groups, families, sponsors, volunteers and kids of every age flocked to Big Rock Mini Golf and Fun Park in Little Rock to play games and have a great time. More than 350 people attended, and more than \$55,000 was raised to benefit the Arkansas children and families at Methodist Family Health.



The kids attending vacation bible school at St. James United Methodist Church in Little Rock took to heart helping other children and families in Arkansas. Together, they raised more than \$3,000 that week to give the Methodist Family Health. Here, our Director of Pastoral Care Amy Shores leads a few of the students in a demonstration.



The girls living at the Springdale group home took a vacation to Silver Dollar City in Branson, Missouri in July. They went out to eat, took selfies, played games, took part in the park's attractions and had a great time.



Our kids (and our adults, too, to be honest) had a great time at St. James United Methodist Church's Best Day Ever in August. In honor of the church's 50th anniversary, it invited kids from Methodist Behavioral Health and the Methodist Children's Home to a picnic complete with Kona Ice, games, inflatables, and much more.

The boys at the Magale Manor group home in Magnolia and the girls at the Ophelia Polk-Moore group home in Lexa had the wonderful opportunity to participate in the Ozark Mission Project in July. Led by Amy Shores, MFH's director of pastoral care, they enjoyed connecting with the OMP staff painting houses, serving refreshments to camp workers and participating in worship.



Misty Baugh, left, accepts a check from Dan Rohrbaugh, right, from Hope First United Methodist Church in Hope, Arkansas. Misty is chair of the Methodist Family Health Foundation, and Dan is a member of both the Foundation board and Hope First United Methodist Church. The church took up a collection for our kids and their families during its annual Fourth of July Celebration.



Methodist Behavioral Health and the psychiatric residential treatment center in Little Rock planted gardens this year to help clients learn responsibility and the value of work, teamwork and nutrition. Winter gardens are being tended now, and the kids get to eat what they raise.

What happens in an infant's early life can have a profound effect on his or her adult development. In fact, neuroscientists have discovered an infant's brain grows remarkably fast in the first few years of life, and huge developmental gains for an infant with developmental delays can be made if intervention services during the infant's first few years of life are available. To address these issues, Methodist Counseling Clinics in Batesville, Hot Springs, Little Rock and Magnolia now offer certified infant mental health therapy for children ages 0 to 47 months.

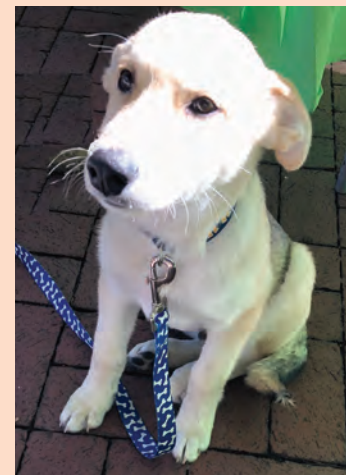




The kids, families, staff and volunteers in Kaleidoscope Kids will do a little caroling this season to bring some cheer to everyone. In addition to Santa hats and singing, those attending the Christmas party will play games, enjoy some Christmas treats and celebrate time together.

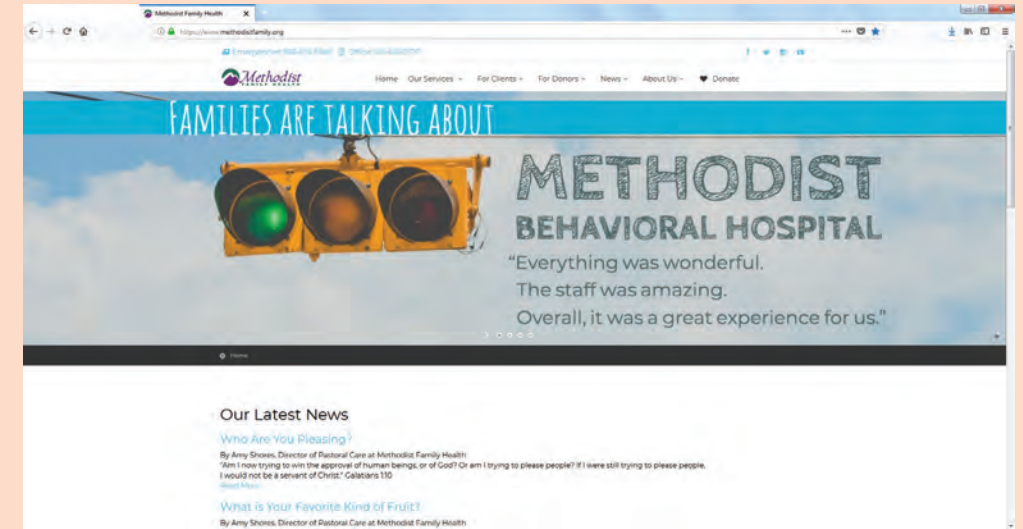


Each year, the American Foundation for Suicide Prevention hosts Out of the Darkness Walks to give people the courage to open up about their own struggle or loss, and the platform to change our culture's approach to mental health. This year, Methodist Family Health participated in the northeast Arkansas walk at Craighead Forest Park in Jonesboro.



On Sunday, October 21, Methodist Family Health attended the 2nd Annual MINDfest at the River Park Pavilions in North Little Rock. MINDfest was developed to create a comfortable and engaging environment for community members, as well as mental health professionals, to connect and share information regarding mental wellness. The festival includes a wide variety of vendors and speakers from across the spectrum of mental health and wellness. The festival also featured live performances from local musicians and several activities for children to take part in.

Methodist Family Health's website, MethodistFamily.org, received a redesign and launched this year. The new site is responsive, which means it can be viewed easily on a computer, laptop, tablet or smart phone, and reorganized for visitors to find information quickly. The new homepage features a slideshow in which the latest news about Methodist Family Health can be accessed as the first thing a visitor encounters. The blog, which includes the devotionals by Director of Pastoral Care Amy Shores, is updated regularly to keep visitors informed and engaged. New information for clients and families helps answer questions, address fears and concerns, and reassure next steps in our continuum's process.



MAKE DINNER TIME EASIER WHILE SUPPORTING METHODIST FAMILY HEALTH

Former MFH employee Alyssa Anderson has joined a company that provides dinner solutions for busy families and she's donating ALL of her profits to children and families in need.

Alyssa has chosen Methodist Family Health to be her "charity of choice" for 2018-2019 which means 50% of all her charitable giving at the end of 2019 will benefit the children served by Methodist Family Health!

If you struggle with putting fast, healthy meals on the table, you may be interested in learning about Wildtree's different meal solutions. And you'll be helping MFH clients at the same time!

To learn more, visit wildtree.com/wildtreealyssa or call (501) 413-0577. You can also join the "Wildtree with Alyssa" Facebook page for information, updates and demonstrations. If you choose to create an account, use referral code U9X7B.

Methodist Family Health's Newest Facility Opens on Our Oldest Campus



Lakia Aytch



Steve Rowell and Misty Baugh



Bishop Gary Mueller

Psychiatric Residential Treatment Completed One Year After Groundbreaking, Construction

A year after breaking ground for construction of a new facility on Methodist Family Health's oldest campus, we dedicated our psychiatric treatment center at 10 a.m. at 2002 S. Fillmore St. in Little Rock on October 16.

This state-of-the-art psychiatric residential treatment center is housing what was being offered in five separate buildings - three housing units, a school and a gym - at United Methodist Children's Home, which has been

in operation for a century. The psychiatric residential treatment center is more efficient, providing better service our Arkansas children, families and staff.

"Most importantly at this campus, Methodist Family Health is a more therapeutic and much safer environment for our clients, their families and our professionals," said Andy Altom, president and CEO of Methodist Family Health. "The facilities we had for which this new facility

is replacing helped us provide quality and compassionate psychiatric and behavioral healthcare, but this new psychiatric residential treatment center improves how we continue to deliver that care while serving children and families."

The building is two stories and encompasses 33,625 sq. ft. Clients and staff moved into the center in September 2018. Methodist Family Health originally expected to open the doors in

January 2019, but because of fair weather and a dedicated construction team, the center opened three months earlier.

Founded in 1899 as the Arkansas Methodist Orphanage, Methodist Family Health has expanded into a continuum of care to serve thousands of Arkansas children with psychiatric, behavioral, emotional and spiritual issues and their families each year. Methodist Family Health has locations throughout the state, including the Methodist Behavioral Hospital, two residential treatment centers, seven therapeutic group

homes, an emergency shelter, a day treatment program, eight counseling clinics, nine school-based counseling clinics, a grief center for children and their families, and the Arkansas Center for Addictions Research,

Education and Services (Arkansas CARES). Our mission is to give the best possible care to those who may need our help and to treat the whole person: behaviorally, emotionally and spiritually.

"This new psychiatric residential treatment center improves how we continue to deliver that care while serving children and families."

Methodist Family Health GIVING SOCIETIES

Please note that * denotes a new member while † denotes a member who is deceased. If you would like more information about how to contribute to Methodist Family Health and become members of these giving societies, please contact Carolyn McCone, CFRE, executive director of the Methodist Family Health Foundation, at 501-906-4202 or.



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. This location 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 Methodist Family Health.

If you would like to include Methodist Family Health in your estate plan and become a member of this society, please contact Carolyn McCone, CFRE, executive director of the Methodist Family Health Foundation. Please call her at 501-906-4202, e-mail her at CMcCone@MethodistFamily.org, or mail her a note at 1600 Aldersgate Rd., Suite 100, Little Rock, Arkansas 72205. Carolyn will verify how you would like to be included in the Coy-Roots-Tabor Heritage Society and personally thank you for your contribution on behalf of everyone at Methodist Family Health.

Anonymous (2)	Jonelle Ryan and Billy Gene Jones
Myra and Andy Altom	Nancy and Earl† McClure
Jane and William Arthurs	Carolyn and Craig McCone*
Mr.† and Mrs.† Robert G. Branch	Mr. Robert McPherson*†
Ashley Riggin Coldiron	Mrs. Jacquelyn P. Murphy
O'Neal Davidson Estate	Kari and Dan Rohrbaugh
Donald R. Dearing and Martha M. Dearing Trust	Steven C. Trolinger
Ellen and Don Edmondson	Judy Vasser
Cecile and Gil Foresman	Warren Family Trust
Marjem and John Gill	Imogean Simpson Westfall Trust
Ms. Ina Mae Harris	Cap Whitley*



The George Thornburgh Society

Colonel George Thornburgh, a 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, Col. Thornburgh 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 or cumulative gifts of \$25,000 or more to the Methodist Family Health system.

Anonymous (2)	Carolyn M. Henslee	Sally and Keith Riggs
Myra M. Abrignani Estate	John A. Henson Trust	Thomas Edward Rimmerman Trust
Lewese and Jon Ahrens	Mark Holder and Kathleen Kennally	Rittwood Farms Company, Inc.
Arkansas Arts Council	Walter B. Huff Estate	Marion and Miriam Rose Trust
Arkansas Community Foundation	Geneva I. Hughes Estate	Mr. and Mrs. Jeff Ryan
Paul Arnold	Julia Mae Jackson Estate	The Reverend Mitchell and Gladys Masters Sanford Endowment
Rebecca and Ritter Arnold	Ura Mae Johnston Trust	Trish and Kurt Searvogel
Bancorp South Insurance Services, Inc.	Kerkhoff Family Trust	Velma E. Shaffer Estate
John and Barbara Bragg Charitable Remainder Trust	Iva and Bill Krogman	Shuler Drilling Company
Milton D. and Mary C. Campbell Joint Revocable Trust	Jean and Terry Landrum	St. Francis Ministries of Phillips County
Lillian Mae Calvert Living Revocable Trust	Clyde Langford Jr. Estate	Nancy† and Neill M. Sloan
Rachel and Jake Commer	L.A. Logan Estate	Elizabeth H. Snyder Trust
Lee and Bob Cross	Mr. and Mrs. Carl Long	Melda Stickland Estate
Elizabeth W. Fries Estate	Judith and Charles Long	Genevieve H. and William A.† Strong
Charles A. Frueauff Foundation, Inc.	Nell S. Martin Endowment	William A. Strong Charitable Remainder Trust
Dr. Rita Galloway	Jane Hunt Meade	Roy and Christine Sturgis Charitable & Educational Trust
Conway and Margaret George Charitable Trust	Karen and Mike Millar	W. P. Sturgis Foundation
Corinne W. George Trust	Rev. Curtis E. Monroe Estate	United Methodist Foundation of Arkansas
Mary Lue and Bill Gibbs	Alline M. Montgomery Estate	Charles and Mary Vinzant Joint Irrevocable Trust
Gill Ragon Owen Attorneys	Angela and Chris Newell	Debbie and Don Weaver
Aline Gill Estate	The William C. and Theodosia Murphy Nolan Foundation	Alma Welton Trust
Jan Green	Mrs. M.E. Peace†	Windgate Charitable Foundation
Maxine S. Gregg Estate	Augustus H. Pugh	Juanita Annette Wood Estate
Hall Revocable Trust	Mrs. Betty Regnier	Melissa and Keith Wrenn
Natalie and Jared Hankins	Robert and Paula Reynolds	Hazel Marie Wright Estate
	Riggs Benevolent Fund	
	Lila and Jack Riggs	



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 during the last fiscal year, which is from July 1, 2017 through June 30, 2018.

Annual Workman Donation \$5,000 or More

Anonymous (3)	Jan Green Little Rock, Arkansas	Paula and Robert Reynolds El Dorado, Arkansas
Lewese and Jon Ahrens Mount Ida, Arkansas	Hudson Cisne and Company, LLP Little Rock, Arkansas	W.P. Sturgis Foundation Arkadelphia, Arkansas
Arkansas Arts Council Little Rock, Arkansas	Kinco Constructors Little Rock, Arkansas	Union County Community Foundation* El Dorado, Arkansas
Dillard's Little Rock, Arkansas	Iva and Bill Krogman Star City, Arkansas	Alice Ann and Joe Watkins Hope, Arkansas
Deborah and Ray Dillon Little Rock, Arkansas	Jane Hunt Meade Fayetteville, Arkansas	Debbie and Don Weaver Conway, Arkansas
Judy Waddell Fletcher Little Rock, Arkansas	Karen and Mike Millar Searcy, Arkansas	Windgate Charitable Foundation Siloam Springs, Arkansas
Charles A. Frueauff Foundation, Inc. Little Rock, Arkansas	Psychiatric Services, PLLC Little Rock, Arkansas	United Methodist Foundation of Arkansas Little Rock, Arkansas
Gill Ragon Owen Attorneys Little Rock, Arkansas		

Annual Workman Donation \$2,500–\$4,999

Anonymous (2)	Mary Lue and Bill Gibbs Camden, Arkansas	Kristi and Gary Sewell El Dorado, Arkansas
Allcare Pharmacy Arkadelphia, Arkansas	HealthScope Benefits, Inc. Little Rock, Arkansas	Nancy† and Neill Sloan Lake Village, Arkansas
Arkansas Children's Hospital Little Rock, Arkansas	Jean and Terry Landrum Scott, Arkansas	Jo Ellen and Bill Stover Paragon Resource Management, Inc. Little Rock, Arkansas
Arkansas Total Care Little Rock, Arkansas	Methodist Behavioral Hospital Maumelle, Arkansas	Genevieve H. and William† Strong Pine Bluff, Arkansas
Bank of the Ozarks Little Rock, Arkansas	OneDigital Health & Benefits Little Rock, Arkansas	U. S. Bank Little Rock, Arkansas
Crews & Associates Little Rock, Arkansas	Pettus Office Products Little Rock, Arkansas	Mary and Cleifton D. Vaughan Little Rock, Arkansas
Datamax, Inc. Little Rock, Arkansas	Joyce and Chris Poole Benton, Arkansas	Paula and Kirk Wardlow Springdale, Arkansas
Cecile and Gil Foresman Starkville, Mississippi	Sherry Rowbotham* Clarksville, Arkansas	

Annual Workman Donation \$1,000–\$2,499

Anonymous (7)	Don and Ellen Edmondson Forrest City, Arkansas	Lewis Architects Engineers Little Rock, Arkansas	Augustus H. Pugh Portland, Arkansas
ABC Financial Services, LLC* Sherwood, Arkansas	Pam and Robert Edwards Searcy, Arkansas	Carole Liles North Little Rock, Arkansas	Mr. and Mrs.† Tom Pugh, Sr. Little Rock, Arkansas
AEL – American Esoteric Laboratories Little Rock, Arkansas	Susan Elliott Little Rock, Arkansas	Mr. and Mrs. Carl Long Moro, Arkansas	Qualifacts Systems, Inc.* Nashville, Tennessee
Mr. and Mrs. Cliff Albert Beebe, Arkansas	Colene Ellis Harrison, Arkansas	Judith and Charles Long Branson, Missouri	Beverly and Harrison Ralph Crossett, Arkansas
Myra and Andy Altom Heber Springs, Arkansas	Randy Ennen Fort Smith, Arkansas	Denise and Tim Luft Little Rock, Arkansas	The Reep Family* Little Rock, Arkansas
Rebecca and Ritter Arnold Marked Tree, Arkansas	Becky and Trent Felton Marianna, Arkansas	Deborah and Michael Malek* Hope, Arkansas	Peggy and Del Roberson Benton, Arkansas
Jane and William Arthurs Little Rock, Arkansas	Jackye and Curtis Finch, Jr.* Little Rock, Arkansas	Karon and Bill Mann Little Rock, Arkansas	Mr. and Mrs. D.K. Robinson Little Rock, Arkansas
Steve W. Babcock Paragould, Arkansas	Jennifer and Tom Finnegan* Little Rock, Arkansas	Cynthia Mashburn* Little Rock, Arkansas	Kari and Dan Rohrbaugh Hope, Arkansas
Linda and Donald Bacon Little Rock, Arkansas	Jenny and Clayton Finney Houston, Texas	Judge and Mrs. Robert McCallum* Arkadelphia, Arkansas	Ruth and Dennis Rowland Kansas City, Missouri
Ellen and William Bankston Heber Springs, Arkansas	First Security Bank Little Rock, Arkansas	Carolyn and Craig McCone Little Rock, Arkansas	Sarah and Shon Rupert* Greenwood, Arkansas
Wilma I. Barnum Fairfield Bay, Arkansas	Charlotte and Jim Gadberry Little Rock, Arkansas	Mr. and Mrs. Travis McKamie Rosston, Arkansas	Dr. Tracy A. Schmucker and Mr. Jeff Utecht* Little Rock, Arkansas
Dr. Michael Bauer Little Rock, Arkansas	Alicia and Craig Gammon Vilonia, Arkansas	Angela and Chad McLain Brinkley, Arkansas	Deborah and John Shannon Hot Springs, Arkansas
Carolyn and Marion Berry Gillett, Arkansas	Casey and Cody Hawkins* Searcy, Arkansas	Methodist Family Health Little Rock, Arkansas	Reverend and Mrs. Gill L. Sills Searcy, Arkansas
Bi-Partisan Strategies, Inc. Little Rock, Arkansas	Healthcare Pharmacy/ Pharmacy Management Little Rock, Arkansas	Middleton Heat & Air* Bryant, Arkansas	Patty and Mike Smith Little Rock, Arkansas
Deborah and Perry M. Bolding North Little Rock, Arkansas	Elaine and Bishop Kenneth Hicks Little Rock, Arkansas	Carl Miller, Jr. Little Rock, Arkansas	Cathy and Bill Spivey Little Rock, Arkansas
Laura and Douglas Borg Little Rock, Arkansas	Mr. and Mrs. Tommy Hill* Paragould, Arkansas	Caroline and Chuck Mischke Lake Village, Arkansas	Panda and Randal Spurgin Berryville, Arkansas
Joann and Jim Bowling North Little Rock, Arkansas	Dr. and Mrs. Mike Hillis Texarkana, Arkansas	Donna Morey Little Rock, Arkansas	The Starr Foundation* Fayetteville, Arkansas
Sid and Sue Brain Russellville, Arkansas	Kathleen Kennally and Mark Holder Little Rock, Arkansas	Dorothy Morey Maumelle, Arkansas	David Steinquist* Jonesboro, Arkansas
Robert B. Branch, Sr. Paragould, Arkansas	B. Louise and Charles Holmes Little Rock, Arkansas	Alicia H. Mosley Camden, Arkansas	Teleconnections, Inc. Little Rock, Arkansas
E. Russell Brummett, Jr.† Little Rock, Arkansas	Mr. Jim House†* Heber Springs, Arkansas	Ms. Rosanne Murphy Hot Springs, Arkansas	Carolyn and Larry Tomlin & Family Russellville, Arkansas
Cardiopulmonary Perfusion Associates, Inc. Little Rock, Arkansas	Kerry and Charlie Jackson El Dorado, Arkansas	Bill and Karen Nelson, Jr. Jonesboro, Arkansas	Jo Anne and Roger† Utley Sherwood, Arkansas
CenterPoint Energy Little Rock, Arkansas	Mr. and Mrs. Tom Jewart Little Rock, Arkansas	Marilyn and Joel Newcome Portland, Arkansas	Sandy and Mark White* Little Rock, Arkansas
Rev. J. Wayne & Rynnett Clark Conway, Arkansas	Harriet and James Johnson Wilmot, Arkansas	B.C. Pickens Trust Pickens, Arkansas	Barbara and Jim Wilson* Searcy, Arkansas
Mr. and Mrs. Harry Clerget Little Rock, Arkansas	Diane and Bill Johnston Heber Springs, Arkansas	Kirby Pickens and Family* North Little Rock, Arkansas	Leslie Wilson Little Rock, Arkansas
Dr.† and Mrs. George M. Cone Jonesboro, Arkansas	Lynn and Nathan Kilbourne* Sherwood, Arkansas	Edgar Poag* Osceola, Arkansas	Elizabeth Teague and John S.† Workman Ridgewood, New Jersey
Jacquelyne and Hugh Dorminy* Russellville, Arkansas	Janna and David Knight* Little Rock, Arkansas	Ella Mae and Edgar† Poag Osceola, Arkansas	Melissa and Keith Wrenn Brentwood, Tennessee
Cherry and Jim Duckett* Little Rock, Arkansas	Becky and Jerry Kossover Little Rock, Arkansas	Ms. Lee Powell Lewisville, Arkansas	Martha Yocum El Dorado, Arkansas

Look at the
GOOD WORKS
 you helped accomplish!

Your financial gift in 2017 to Methodist Family Health helped us care for **5,600** Arkansas children and their families.

It also allowed us to provide almost **195,000** services throughout the state to children and families who are abandoned, abused, neglected and struggling with psychiatric, behavioral, emotional and spiritual issues.

These contributions from you—our generous donors—made all of this possible:

- Arkansas CARES kitchen appliances and cabinets
- Art therapy
- Bibles and spiritual study materials
- Birthday gift cards
- Christmas gifts
- Facilities improvement
- Pet therapy
- Post-secondary scholarships
- Recreational items (balls, games, books, art supplies and other toys)
- Summer camp
- Therapy tools and resources
- Travel assistance for clients and their families

Planned Giving Scores Scholarships for MFH Alumni

Baylee Brown is the happiest she's been in years.

"You are born with the ability to change someone's life, don't ever waste it," said Baylee, who was a Methodist Family Health group home resident for six years.

Baylee graduated high school in 2017 with an ACT score of 32. She started college in Fall of 2017 and is enrolled at Arkansas State University majoring in nursing and plays softball for the ASU Red Wolves. She also has her CNA license and is enrolled in a dental assistant program on the weekends that will be completed in November.

"I can't think of a better gift than seeing Baylee's smile when she receives her diploma at graduation in 2021," said Sheryl Selby, lead teaching parent at the MFH Ophelia Polk Moore Group Home in Lexa.

Thanks to gifts from Olin C. Chambers and Gradelle Leigh who remembered Methodist Children's Home in their wills, Baylee receives a scholarship from MFH each semester she is enrolled in college.

"I have seen the truly transformative work done by the caring and dedicated staff of Methodist Family Health, and that is why Craig and I have named Methodist Family Health Foundation as a beneficiary in our estate plans," stated Carolyn McCone, executive director of the MFH Foundation.

Is Methodist Family Health already in your will, trust or other estate plans? Thank you! Please let us know about your plans. Call or email Carolyn McCone, CFRE, in the MFH Foundation office, and she will add your name to the Coy-Roots-Tabor Society. If you prefer, your gift may remain anonymous.

Don't have a will? You're not alone! Now is a great time to start planning, and please consider including a bequest to Methodist Family Health in your estate plans. Contact Carolyn for suggested "bequest language" and the MFH tax ID for you to share with your attorney.





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