

CONTINUUM OF CARE

REBUILDING THE LIVES OF
ARKANSAS CHILDREN AND
FAMILIES SINCE 1899

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Methodist Behavioral Hospital and Methodist Children's Home cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo.

Methodist Behavioral Hospital and Methodist Children's Home erfüllt geltenden bundesstaatliche Menschenrechtsgesetze und lehnt jegliche Diskriminierung aufgrund von Rasse, Hautfarbe, Herkunft, Alter, Behinderung oder Geschlecht ab.



ABOUT METHODIST FAMILY HEALTH

Methodist Family Health is a complete continuum of care for Arkansas children and their families who are abandoned, abused, neglected and struggling with psychiatric, behavioral, emotional and spiritual issues.

A CONTINUUM OF CARE MEANS WE PROVIDE A RANGE OF TREATMENT AND THERAPIES FOR OUR PATIENTS AND THEIR FAMILIES IN PROGRAMS SUCH AS:

• **INPATIENT - Methodist Behavioral Hospital**, where patients are admitted for inpatient acute (short-term) and subacute (longer-term) stays when in crisis;

• **INPATIENT - Psychiatric Residential Treatment Centers** (RTCs), where patients are admitted for subacute (longer-term) stays. Our RTCs are planned living and learning atmospheres in a group home-like setting;

• **INPATIENT - Qualified Residential Treatment Programs** (QRTPs or therapeutic group homes) are family-like settings in communities throughout Arkansas where children in the care of the Division of Children and Family Services (DCFS) live, go to school and participate in the community;

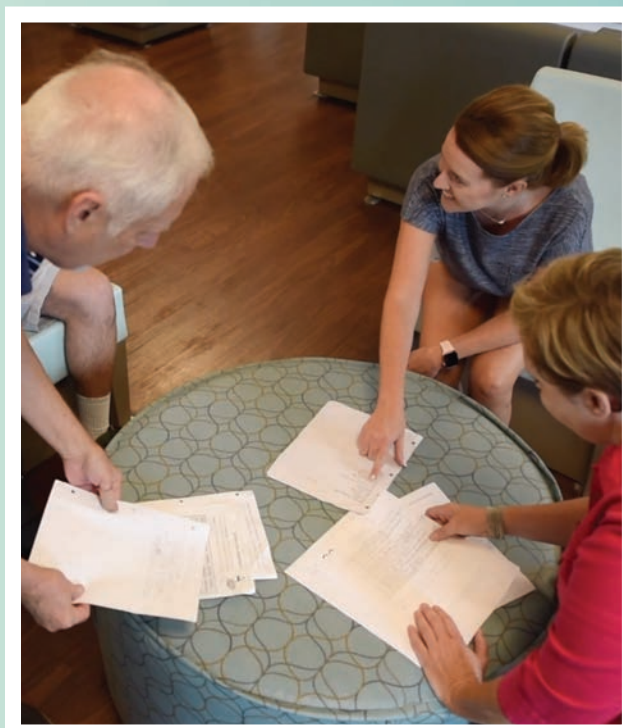
• **INPATIENT - Arkansas Center for Addictions Research, Education and Services** (Arkansas CARES), a 3-month treatment program for pregnant women or mothers with children 12 years old or younger. The moms must have a dual diagnosis of a mental health issue as well as recovering from substance abuse;

• **OUTPATIENT - Day Treatment School**, which serves Arkansas students in kindergarten through 12th grades who have problems functioning in a traditional school setting;

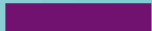
• **OUTPATIENT - Counseling** in clinics and schools, which offer comprehensive assessment and treatment services for child, adolescent and family behavioral, emotional, learning and adjustment difficulties; and

• **OUTPATIENT - Kaleidoscope Grief Center**, a program of Methodist Family Health, promotes the process of healing through education, therapeutic and recreational services, grief support programs and traditional counseling.

A patient can enter our continuum of care through any of these programs. Depending on the need, a person can move from any of these programs to another in order to make progress on his or her terms. Our goal is for our patients to stabilize their behavior and improve in their treatment so they can return to their communities and live stable, functional lives.



Depending on the need, a person can move from any of these programs to another in order to make progress on his or her terms.



METHODIST FAMILY HEALTH'S MISSION IS TO PROVIDE THE BEST POSSIBLE CARE TO THOSE WHO MAY NEED OUR HELP.

We were founded in 1899 as the Arkansas Methodist Orphanage. As the orphanage system moved into the foster care system, Methodist Family Health moved with it, establishing group homes for orphans and foster children.

When the need arose for short-term, inpatient care for children who are a danger to themselves, someone else or both, Methodist Family Health founded the Methodist Behavioral Hospital in Maumelle, the state's only non-profit behavioral health hospital for children. Today, this continuum of care contains both inpatient and outpatient care to fit the needs of Arkansas children and their families who need psychiatric, behavioral, emotional and spiritual treatment, therapy and support.

OUR GOAL IS FOR OUR PATIENTS TO STABILIZE THEIR BEHAVIOR AND IMPROVE IN THEIR TREATMENT SO THEY CAN RETURN TO THEIR COMMUNITIES AND LIVE STABLE, FUNCTIONAL LIVES.

ABOUT METHODIST BEHAVIORAL HOSPITAL

Methodist Behavioral Hospital in Maumelle is an inpatient hospital for acute (short-term) and subacute (longer-term) crisis stabilization. It provides patients the most intensive level of care in our continuum.

AS ARKANSAS' ONLY NONPROFIT BEHAVIORAL HOSPITAL FOR CHILDREN AGES THREE TO 17, METHODIST FAMILY HEALTH ALSO IS THE ONLY HOSPITAL IN THE NATION CERTIFIED IN THE TEACHING-FAMILY MODEL.

Methodist Behavioral Hospital specializes in the treatment of children and adolescents in need of highly coordinated psychiatric, behavioral and emotional care.

THIS INCLUDES:

- **60 beds divided between the acute (short-term) and subacute (longer-term) units;**
- **Board-certified child and adolescent psychiatrists and skilled nurses;**
- **Recreational, art and pet therapists;**
- **A registered dietician; and**
- **Behavioral instructors, social workers and physicians.**



ACUTE UNIT

The acute (short-term) inpatient unit at Methodist Behavioral Hospital offers the most intensive level of psychiatric, behavioral and emotional care within the Methodist Family Health continuum of care. This program provides crisis stabilization for children and adolescents (boys and girls) ages 3 to 17, who are an immediate danger to themselves, someone else or both.

Our treatment goal for these patients is to transition them to less-intensive levels of care – either going home or to counseling services in their communities or admission into one of our psychiatric residential treatment centers.

The acute unit offers routine interventions by a psychiatrist and intensive coordinated treatment by a team of mental health professionals including psychiatrists, therapists and 24-hour skilled nursing care.

THIS PROGRAM ALSO PROVIDES:

COMPASSIONATE CARE for depression, emotional difficulties and behavioral needs

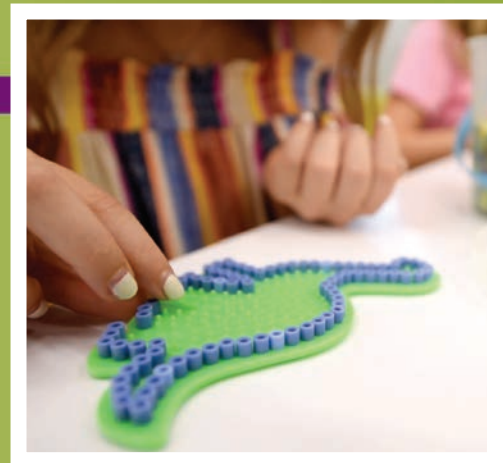
INTENSIVE INDIVIDUAL, FAMILY AND GROUP THERAPY

SKILL-BUILDING ACTIVITIES

A STAFF OF BOARD-CERTIFIED child and adolescent psychiatrists, therapists, case managers, nurses, teachers and behavioral instructors

AFTERCARE AND FOLLOW-UP through counseling services, therapeutic day treatment and school-based counseling services

THIS PROGRAM PROVIDES CRISIS STABILIZATION FOR CHILDREN AND ADOLESCENTS (BOYS AND GIRLS) AGES 3 TO 17.



ABOUT METHODIST BEHAVIORAL HOSPITAL

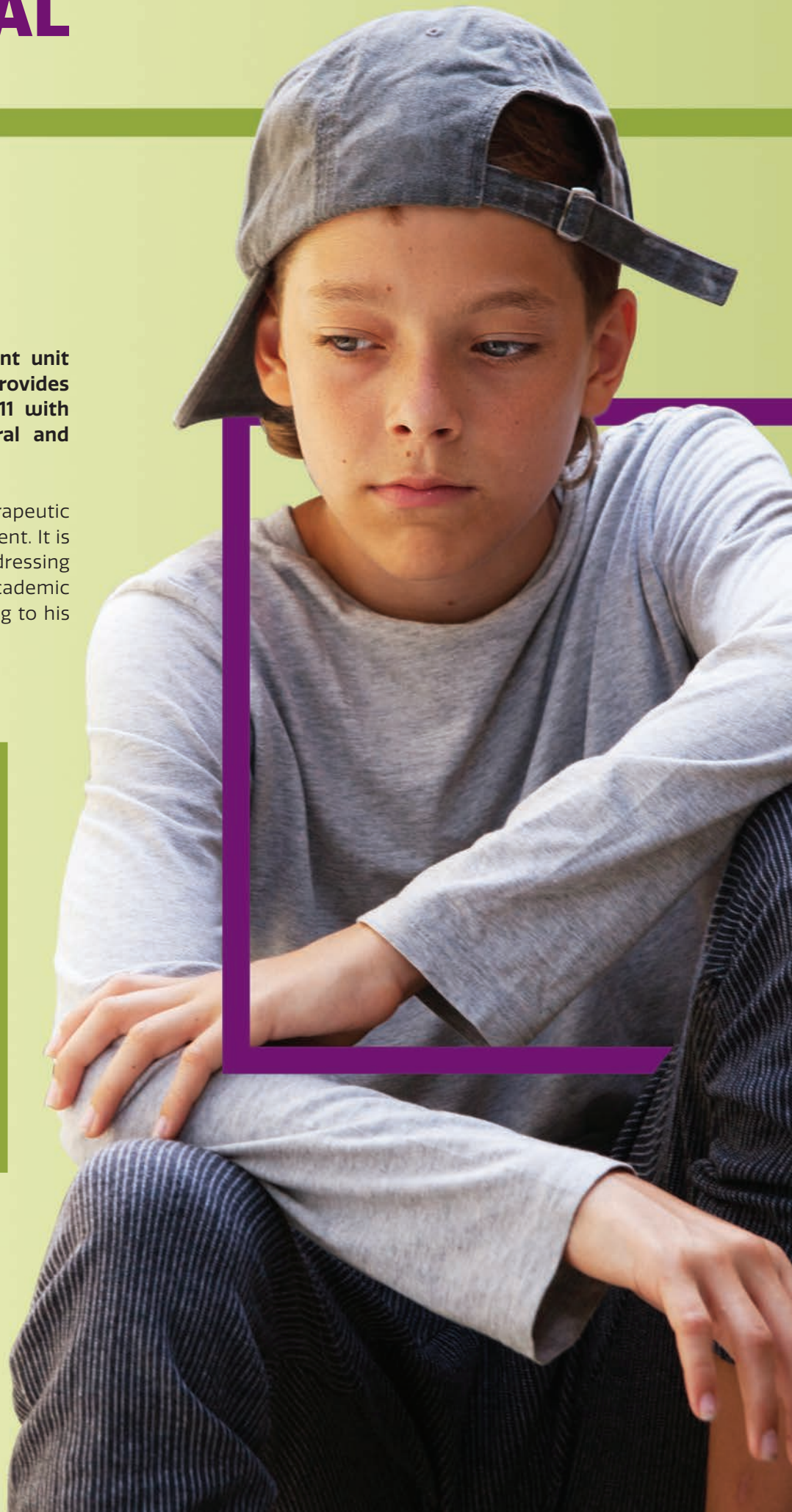
SUBACUTE UNIT

The subacute (longer-term) inpatient unit at Methodist Behavioral Hospital provides extended care to boys ages 4 to 11 with long-standing psychiatric, behavioral and emotional issues.

This unit focuses on extensive therapeutic intervention and individualized treatment. It is physician-led and multidisciplinary, addressing the overall medical, psychiatric and academic needs of each boy, while still attending to his social and emotional lives.



This unit focuses on extensive therapeutic intervention and individualized treatment.



SUBACUTE CARE AT METHODIST BEHAVIORAL HOSPITAL ALSO PROVIDES:

COMPASSIONATE CARE for depression, emotional difficulties and behavioral needs

INTENSIVE INDIVIDUAL, FAMILY AND GROUP THERAPY

SKILL-BUILDING ACTIVITIES

A STAFF OF BOARD-CERTIFIED child and adolescent psychiatrists, therapists, case managers, nurses, teachers and behavioral instructors

THERAPEUTIC ACTIVITIES, outings and passes

AFTERCARE AND FOLLOW-UP through counseling services, therapeutic day treatment and school-based counseling services

IT IS PHYSICIAN-LED AND MULTIDISCIPLINARY, ADDRESSING THE OVERALL MEDICAL, PSYCHIATRIC AND ACADEMIC NEEDS OF EACH BOY, WHILE STILL ATTENDING TO HIS SOCIAL AND EMOTIONAL LIFE.



CONTACT METHODIST BEHAVIORAL HOSPITAL

METHODIST BEHAVIORAL HOSPITAL

1601 Murphy Drive
Maumelle, Arkansas 72113

ADMISSIONS: 501-803-3388 · **COUNSELING:** 501-661-0720 · **EMERGENCY:** 866-813-3388

(available 24 hours a day, seven days a week including holidays)

Info@MethodistFamily.org || MethodistFamily.org/Behavioral-Hospital

PSYCHIATRIC RESIDENTIAL TREATMENT CENTERS

Methodist Family Health's psychiatric residential treatment centers (RTC) provide a planned, safe living and learning environment in a group home setting for children and adolescents with chronic emotional and behavioral disorders.

THE RTCS ARE PART OF METHODIST FAMILY HEALTH'S INPATIENT RESIDENTIAL PROGRAM, MEANING RESIDENTS LIVE ON-SITE FULL-TIME. Homes are located in Little Rock (Pulaski County) and Bono (Craighead County).

Each RTC serves adolescents ages 12 to 17 in gender-specific units with a length of stay generally four to six months or longer. Patients who excel in the RTC may be eligible to step down to a less-intensive treatment setting within Methodist Family Health's full continuum of care.

PATIENTS ARE REFERRED TO THE RTC FROM A VARIETY OF SOURCES INCLUDING:

- Arkansas Division of Children and Family Services;
- Parents;
- Mental health clinics;
- Churches;
- Juvenile probation officers;
- Psychiatric hospitals; and
- Other Methodist Family Health treatment programs.

Treatment is personalized, utilizes the Teaching-Family Model and is administered using a team treatment approach. The goal for each patient is to stabilize behavior and return them to the least-intensive environment possible, be that returning home or to an outpatient program of care.

Treatment is personalized, utilizes the Teaching-Family Model and is administered using a team treatment approach.

**TREATMENTS
MAY INCLUDE
ONE OR MORE OF THE
FOLLOWING,
AS APPROPRIATE:**

WEEKLY INDIVIDUAL THERAPY

DAILY THERAPY

GRIEF AND ANGER MANAGEMENT

SKILL GROUPS

FAMILY THERAPY

RECREATIONAL ACTIVITIES,
OUTINGS AND PASSES



OTHER AVAILABLE SERVICES INCLUDE:

MEDICAL SERVICES, such as physical, occupational and speech therapy;

STATE-APPROVED EDUCATION PROGRAM featuring regular and special education classes, led by certified special education teachers;

BEHAVIOR MANAGEMENT planning and techniques;

CARE DELIVERED BY A TEAM of board-certified child psychologists and psychiatrists, social workers, case managers, behavioral instructors, skilled nurses and others as appropriate;

SPIRITUAL ENRICHMENT via an on-staff chaplain; and

PARENTAL SUPPORT AND EDUCATION.

PATIENTS WHO EXCEL IN THE RTC MAY BE ELIGIBLE TO STEP DOWN TO A LESS-INTENSIVE TREATMENT SETTING WITHIN METHODIST FAMILY HEALTH'S FULL CONTINUUM OF CARE.



THERAPEUTIC GROUP HOMES

Methodist Family Health's network of therapeutic group homes within our qualified residential treatment program (QRTP) provides a stable, family-like setting for emotional and behavioral treatment of children and youth.

QRTPS ARE PART OF METHODIST FAMILY HEALTH'S IN-PATIENT RESIDENTIAL PROGRAM, MEANING RESIDENTS LIVE ON-SITE FULL-TIME. Each home serves between six and eight youths at a time, ages 12 to 18, who live in the home generally nine to 12 months or longer.

Each home features Teaching-Parents, trained treatment professionals who live on-site and provide guidance and intervention with the perspective of a parent in the Teaching-Family Model.

YOUTH LIVING IN THE HOME BENEFIT IN SEVERAL WAYS, INCLUDING:

Experiencing healthy family interactions

•
Attending local public schools, learning to manage their emotions and behaviors with others

•
Experiencing positive adult role models in their Teaching-Parents

•
Developing real-life interactions that work hand-in-hand with other treatments

METHODIST FAMILY HEALTH QRTPS ARE LOCATED IN THE FOLLOWING COMMUNITIES

FAYETTEVILLE
(Washington County)
Methodist Family Health
Therapeutic Home

HELENA-WEST HELENA
(Phillips County)
Ophelia Polk Moore Home

LITTLE ROCK
(Pulaski County)
Fillmore Campus

MAGNOLIA
(Columbia County)
Magale Manor





**EACH HOME FEATURES
TEACHING-PARENTS, TRAINED
TREATMENT PROFESSIONALS
WHO LIVE ON-SITE AND
PROVIDE GUIDANCE AND
INTERVENTION WITH THE
PERSPECTIVE OF A PARENT IN
THE TEACHING-FAMILY MODEL.**



THERAPEUTIC DAY TREATMENT

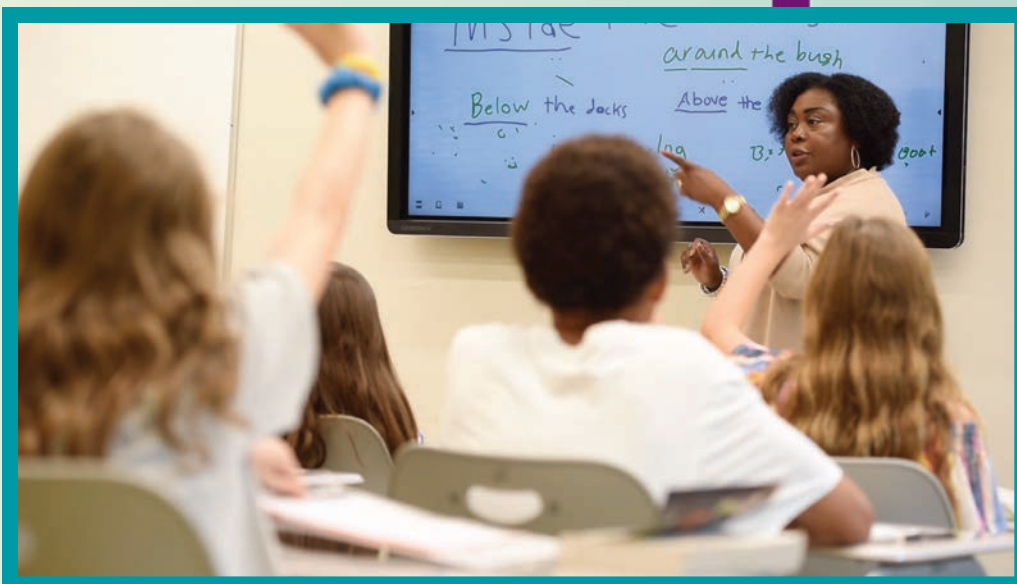
This program of Methodist Family Health serves Arkansas students in kindergarten through 12th grade who have problems functioning in a traditional school setting.

THERAPEUTIC DAY TREATMENT COMBINES THE BEST OF CLASSROOM INSTRUCTION WITH MENTAL AND BEHAVIORAL HEALTH SERVICES TO ADDRESS EDUCATIONAL, BEHAVIORAL, EMOTIONAL AND SOCIAL NEEDS. Utilizing a team of therapists, behavioral experts and educational staff, Methodist Family Health supports student learning and successful therapy outcomes under one roof.

OUR PROVEN APPROACH TO EDUCATION INCLUDES:

- **Teachers certified in special education**, each with 10 or more years of experience and qualified to teach across all subject matters.
- **Small class sizes** and individualized instruction allowing for extra help and individualized attention.

UTILIZING A TEAM OF THERAPISTS, BEHAVIORAL EXPERTS AND EDUCATIONAL STAFF, METHODIST FAMILY HEALTH SUPPORTS STUDENT LEARNING AND SUCCESSFUL THERAPY OUTCOMES UNDER ONE ROOF.



DAY TREATMENT SERVICES ARE OFFERED ON OUR CAMPUS AT
2000 Aldersgate Road in Little Rock (Pulaski County).
For more information, call (501) 906-4250 or fax (501) 217-9758.

METHODIST FAMILY HEALTH'S AWARD-WINNING BEHAVIORAL HEALTH SERVICES INCLUDE:

- **INDIVIDUAL ATTENTION** from board-certified staff ensures each student's needs are met.
- **A SAFE SPACE** environment that allows patients to function without being threatened, ostracized or bullied.

- **INDIVIDUAL AND GROUP THERAPY** five days a week.
- **FAMILY THERAPY** twice per month.
- **ON-STAFF PSYCHIATRIST AND PSYCHOLOGIST** who address patients' medication needs.



ARKANSAS CARES

Established in 1992, the Arkansas Center for Addictions Research, Education and Services (CARES) is an intensive, three-month substance abuse treatment program for pregnant women and mothers with children ages 12 and younger.

OUR INPATIENT (RESIDENTIAL) PROGRAM PROVIDES A FAMILY-CENTERED APPROACH FOR DECREASING SUBSTANCE ABUSE AND PROMOTING HEALTHY FAMILIES THROUGH PREVENTION, TREATMENT AND EDUCATION.

Arkansas CARES is licensed as a mental health provider for children and adults, a substance abuse treatment center, transitional housing provider and a provider of early intervention services. This allows Methodist Family Health to treat substance abuse and mental illness at the same time, with the goal of keeping families united during and after treatment.



ARKANSAS CARES PROVIDES A COMPREHENSIVE RANGE OF SERVICES, INCLUDING:

- Comprehensive assessments;
- Individual, group and family education and therapy;
- Intervention within the schools;
- Case management;
- Nursing services;
- Child care;
- Transportation;
- Life skills training;
- Parenting education;
- Employment preparation;
- GED coordination;
- Residential support;
- Continuing care; and
- Medication consultation and treatment.

Since its founding, Arkansas CARES' mission has supported women as they break free from the grip of substance abuse and the homelessness, arrests and parenting issues that often come with it. We create hope by helping clients find and maintain employment, improve the quality of families and break the cycle of addiction for the next generation.

FOR MORE INFORMATION ON ARKANSAS CARES, CALL (501) 906-4928.

In addition, our program assists with other issues that can trip up a person on the road to recovery. Child care, reliable transportation, life skills training, parenting education, employment readiness and GED coordination are all issues we've helped our clients overcome.

ARKANSAS CARES HAS PROVEN ITS EFFECTIVENESS BY DEMONSTRATING:

- Improved birth and child outcomes
- Decreased maternal drug use
- Increased maternal employment and income
- Decreased maternal depression
- Decreased homelessness
- Decreased arrests
- Decreased parenting stress and increased family cohesion
- Decreased child abuse and neglect
- Improved ability of children to resist alcohol or drugs

ARKANSAS CARES IS LICENSED AS A MENTAL HEALTH PROVIDER FOR CHILDREN AND ADULTS, A SUBSTANCE ABUSE TREATMENT CENTER, TRANSITIONAL HOUSING PROVIDER AND A PROVIDER OF EARLY INTERVENTION SERVICES.



METHODIST FAMILY HEALTH OUTPATIENT COUNSELING CLINICS

Methodist Family Health knows Arkansas' children, families and adults are overwhelmed with self-isolation, illness, uncertainty, anxiety and dread. When you, your child or your family needs comfort, guidance and someone to simply listen, we are here.

METHODIST FAMILY HEALTH'S OUTPATIENT SERVICES ARE AVAILABLE STATEWIDE THROUGH OUR METHODIST COUNSELING CLINICS. These clinics include school- and community-based locations to bring a holistic, trauma-informed, team approach to more Arkansans and to make it easier for families to get the help they need for children and youth struggling with psychiatric, behavioral, emotional, learning and traumatic problems.

Our clinics utilize the Teaching-Family Model and take a team approach to treatment whereby the child, his or her family and our team of specialists play vital roles in achieving the best possible outcome.

SPECIFIC RESOURCES INCLUDE:

- Individual, family and group counseling;
- Registered play therapists;
- Grief and trauma specialists;
- Psychological testing including Autism Spectrum Disorders and Child Parent Psychotherapy;
- Medication consultation/management;
- Dual diagnosis treatment;
- TFCBT and CPP trained therapists;
- EMDR and brainspotting;
- Case management;
- Behavior management planning and techniques; and
- Parent support and education.

Most private and public insurance, including Medicaid and ARKids, are accepted.

Children and adolescents in our care are treated by experienced mental and behavioral health professionals including board-certified psychiatrists and child psychiatrists, case managers and other qualified professionals. As needed, Methodist Family Health also links patients and their families to other treatment programs within its continuum of care to match them with the best therapeutic environment.

OUR CLINICS UTILIZE THE TEACHING-FAMILY MODEL AND TAKE A TEAM APPROACH TO TREATMENT WHEREBY THE CHILD, HIS OR HER FAMILY AND OUR TEAM OF SPECIALISTS PLAY VITAL ROLES IN ACHIEVING THE BEST POSSIBLE OUTCOME.

Methodist Family Health's outpatient counseling clinics and school-based counseling are available by phone or internet, anywhere in Arkansas.

ALL YOU HAVE TO DO IS CONTACT US AT:

(877) 778-1197 TOLL FREE or
info@MethodistFamily.org

AND WE WILL TAKE CARE OF EVERYTHING ELSE.



METHODIST COUNSELING CLINIC LOCATIONS

ALMA

(Crawford County)
1209 Hwy 71N, Suite B
Alma, AR 72921
(479) 632-1022

BATESVILLE

(Independence County)
500 E. Main St., Suite 310
Batesville, AR 72501
(870) 569-4890

FAYETTEVILLE

(Washington)
74 W. Sunbridge Dr.
Fayetteville, AR 72703
(479) 582-5565

HEBER SPRINGS

(Cleburne County)
515 N. Main Street
Heber Springs, AR 72543
(501) 365-3022

HOT SPRINGS

(Garland County)
100 Ridgeway, Suite 5
Hot Springs, AR 71901
(501) 318-6066

JONESBORO

(Craighead County)
2239 S. Caraway, Suite M
Jonesboro, AR 72401
(870) 910-3757

LITTLE ROCK

(Pulaski County)
1600 Aldersgate Road,
Suite 100B
Little Rock, AR 72205
(501) 537-3991

MAGNOLIA

(Columbia County)
621 E. North St.
Magnolia, AR 71753
(870) 234-0739

Emergency & After Hours

For after-hours mental health emergencies, call Methodist Behavioral Hospital at (501) 803-3388 or (866) 813-3388. For all other emergencies, dial 911.

SCHOOL-BASED COUNSELING

In an effort to improve access to mental and behavioral health care services, Methodist Family Health has established school-based counseling programs in select cities in Arkansas.

THE PROGRAM PROVIDES CONVENIENT, COMPREHENSIVE AND CONFIDENTIAL ASSESSMENT AND TREATMENT SERVICES FOR CHILDREN AND YOUTH ON AN OUTPATIENT (NON-RESIDENTIAL) BASIS.

Our treatment methods take a holistic, trauma-informed team approach, meaning counselor, student and the student's family are all critical to achieving positive outcomes in treating behavioral, emotional, learning and adjustment issues.

SPECIFIC RESOURCES INCLUDE:

- Individual, family and group counseling;
- Registered play therapists;
- Grief and trauma specialists;
- Psychological testing, including Autism Spectrum Disorders testing; and
- Medication consultation and management.

When necessary, families are connected with additional resources such as board-certified psychiatrists and child psychiatrists, case managers and other qualified mental health professionals.

Methodist Family Health may also recommend transferring a case from the school setting to one of several other inpatient, outpatient and residential programs within its continuum of care. In this way, Methodist Family Health helps place children and youth in the best environment for their development, treatment and well-being.



TO ACCESS METHODIST FAMILY HEALTH'S OUTPATIENT TREATMENT OPTIONS call toll free (877) 778-1197 or email Info@MethodistFamily.org for additional information or to make an appointment. Most private and public insurance, including Medicaid and ARKids, is accepted.

SCHOOL-BASED COUNSELING PROGRAMS ARE OFFERED THROUGH PUBLIC SCHOOL DISTRICTS IN THE FOLLOWING COMMUNITIES:

- **BATESVILLE**
- **CRAWFORD COUNTY** (includes Alma, Cedarville and Ozark)
- **EL DORADO**
- **FAYETTEVILLE**
- **HEBER SPRINGS**
- **HOT SPRINGS** (includes Lake Hamilton and Lakeside)
- **JONESBORO** (includes Success Achievement Academy in Jonesboro)
- **LINCOLN**
- **LITTLE ROCK**
- **NETTLETON**
- **VILONIA**
- **VAN BUREN COUNTY** (includes Clinton, Bee Branch and Shirley)

OUR TREATMENT METHODS TAKE A HOLISTIC, TRAUMA-INFORMED TEAM APPROACH, MEANING COUNSELOR, STUDENT AND THE STUDENT'S FAMILY ARE ALL CRITICAL TO ACHIEVING POSITIVE OUTCOMES IN TREATING BEHAVIORAL, EMOTIONAL, LEARNING AND ADJUSTMENT ISSUES.



KALEIDOSCOPE GRIEF CENTER

Research shows more than a million children in the U.S. will lose a parent by age 15 and more children lose siblings or other relatives, caregivers and close friends.

THE LOSS OF A PARENT IS OFTEN THE MOST TRAUMATIC SINGLE EVENT AFFECTING THE WELL-BEING AND HEALTH OF A DEVELOPING CHILD.

The impact of this event can cause problems in school and social groups and last well into adulthood. In fact, studies have shown depression, schizophrenia and drug and alcohol problems in adults can be rooted in childhood grief.

Kaleidoscope Grief Center, a program of Methodist Family Health, serves grieving children, teens and families in Arkansas by promoting the healing process through education, therapeutic and recreational services, grief support programs and traditional counseling.

SPECIFIC RESOURCES, OPEN TO CHILDREN AGES 5 TO 18, INCLUDE:

PEER SUPPORT BEREAVEMENT GROUPS

These groups meet twice monthly and provide peer support for children and their caregivers. Facilitated by trained volunteers, bereavement groups provide a safe place to express feelings and promote the healing process.

CAMP HEALING HEARTS

A free overnight family-oriented grief camp open to children or teens and their families. The camp provides a safe environment to develop coping skills both individually and among others.

KALEIDOSCOPE KIDS CLUB

Open to any youth who is or has been enrolled in any Methodist Family Health program, Kaleidoscope Kids Club hosts quarterly social events, chaperoned by staff and volunteers. This allows children and teens the opportunity to experience fun interactions during a time of personal sadness.

BEREAVEMENT COUNSELING

Available for children or teens and their families facing critical or terminal illness, Methodist Family Health's bereavement counseling is led by licensed clinicians.

LEARN MORE

Contact us toll-free at (800) 756-3709 or locally at (501) 537-3991. Or, email info@MethodistFamily.org.





Bereavement counseling with a licensed clinician is available for children and families facing critical or terminal illness.

KALEIDOSCOPE GRIEF CENTER ... SERVES GRIEVING CHILDREN, TEENS AND FAMILIES IN ARKANSAS BY PROMOTING THE HEALING PROCESS THROUGH EDUCATION, THERAPEUTIC AND RECREATIONAL SERVICES, GRIEF SUPPORT PROGRAMS AND TRADITIONAL COUNSELING.



METHODIST FAMILY HEALTH FOUNDATION

The Methodist Family Health Foundation is the fundraising, charitable arm of Methodist Family Health.

THE FOUNDATION RAISES MONEY TO HELP FUND METHODIST FAMILY HEALTH'S WORK HELPING THE CHILDREN IN OUR CARE REALIZE THEIR OWN WORTH, RECOGNIZE THEIR POTENTIAL AND PROVIDE THEM A FIRM FOUNDATION FOR THE REST OF THEIR LIVES.

The Foundation is governed by its own board of directors, and all monetary contributions are tax-deductible. Both monetary and in-kind donations are welcomed and help provide for the children and families we serve throughout the state.



THERE ARE SEVERAL WAYS TO GIVE, INCLUDING:

TEXT "MFH" TO (501) 881-2258 AND COMPLETE A SHORT FORM TO REGISTER.

You only need to complete this form once.

VISIT METHODISTFAMILY.ORG AND CLICK DONATE

to access a short donation form.

CALL (501) 906-4209 TO TALK TO A MEMBER OF OUR STAFF

about making a donation via credit or debit card. All calls are held in the strictest confidence and your card information is secure.

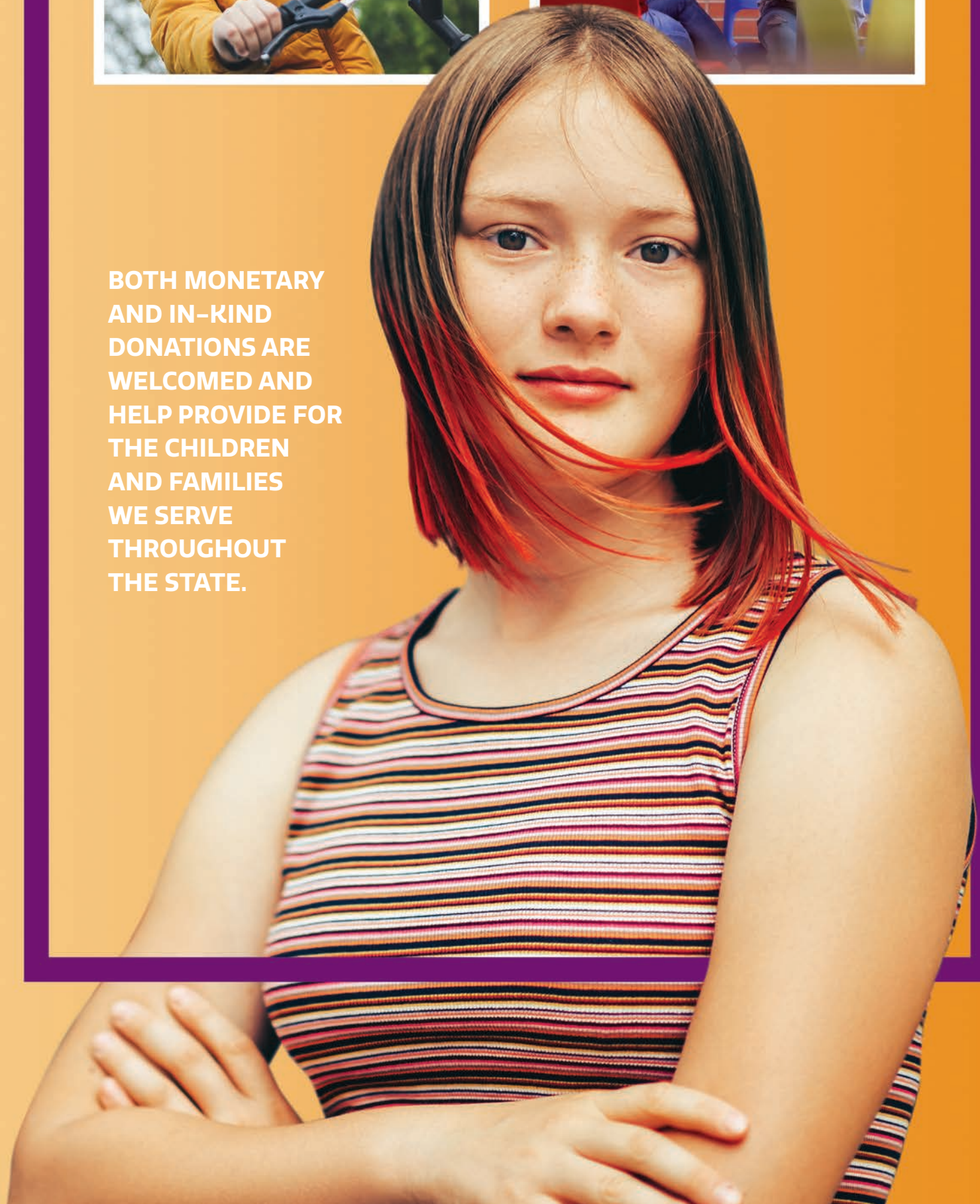
MAIL A CHECK IN ANY AMOUNT TO METHODIST FAMILY HEALTH,

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

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



**BOTH MONETARY
AND IN-KIND
DONATIONS ARE
WELCOMED AND
HELP PROVIDE FOR
THE CHILDREN
AND FAMILIES
WE SERVE
THROUGHOUT
THE STATE.**



BUSINESS DEVELOPMENT

The business development team at Methodist Family Health serves as liaisons and mobile assessors to referring providers.

OUR TEAM WORKS TO INCREASE THE KNOWLEDGE OF METHODIST FAMILY HEALTH SERVICES TO PROVIDERS AND REFERRAL SOURCES, THEREBY INCREASING REFERRALS AND ALLOWING US TO SERVE MORE FAMILIES.

All members of the business development team work with families and referral sources, arrange transportation when needed and respond to inquiries.

THE TEAM IS MADE UP OF:

COMMUNITY LIAISONS, who work with providers across the state to deliver the highest level of customer service and help make the referral process to our inpatient programs a success. They are supported in their work by the rest of the business development team as well as Methodist Behavioral Hospital's assessment and referral department for follow-up regarding referrals and admissions; and

MOBILE ASSESSORS, who are licensed professionals responsible for completing patients' initial assessment to determine the appropriate level of care. These assessors conduct a clinical assessment and provide information to patients and their families in behavioral health crises. These team members also determine suitability of admission for the patient based on clinical criteria.



COLLECTIVELY, THE TEAM WORKS TO BUILD AND ESTABLISH METHODIST FAMILY HEALTH'S REFERRAL NETWORK, TO REACH AS MANY FAMILIES AS POSSIBLE.

**LOCATED THROUGHOUT THE STATE,
THE TEAM CAN BE CONTACTED FOR HELP AT ANY TIME.**

AMANDA PIERCE

Director of Business Development
Central/North Central Arkansas
(501) 514-0664
agpierce@methodistfamily.org

ERIN GOYNE

Community Liaison
Central/South Central Arkansas
(501) 416-2288
Egoyne@methodistfamily.org

ROBIN RUDKINS, MSW, LCSW

Mobile Assessor
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South Central Arkansas
(501) 765-5048
rrudkins@methodistfamily.org

BRIDGETTE COSSEY-CRAIG

Community Liaison
Northeast Arkansas/Eastern Arkansas
(870) 918-1715
bcossey@methodistfamily.org

DENISE TRICE-KHALAF, LMSW, LADAC

Mobile Assessor
Northeast Arkansas/
Eastern Arkansas
(870) 253-7943
Dtrice@methodistfamily.org

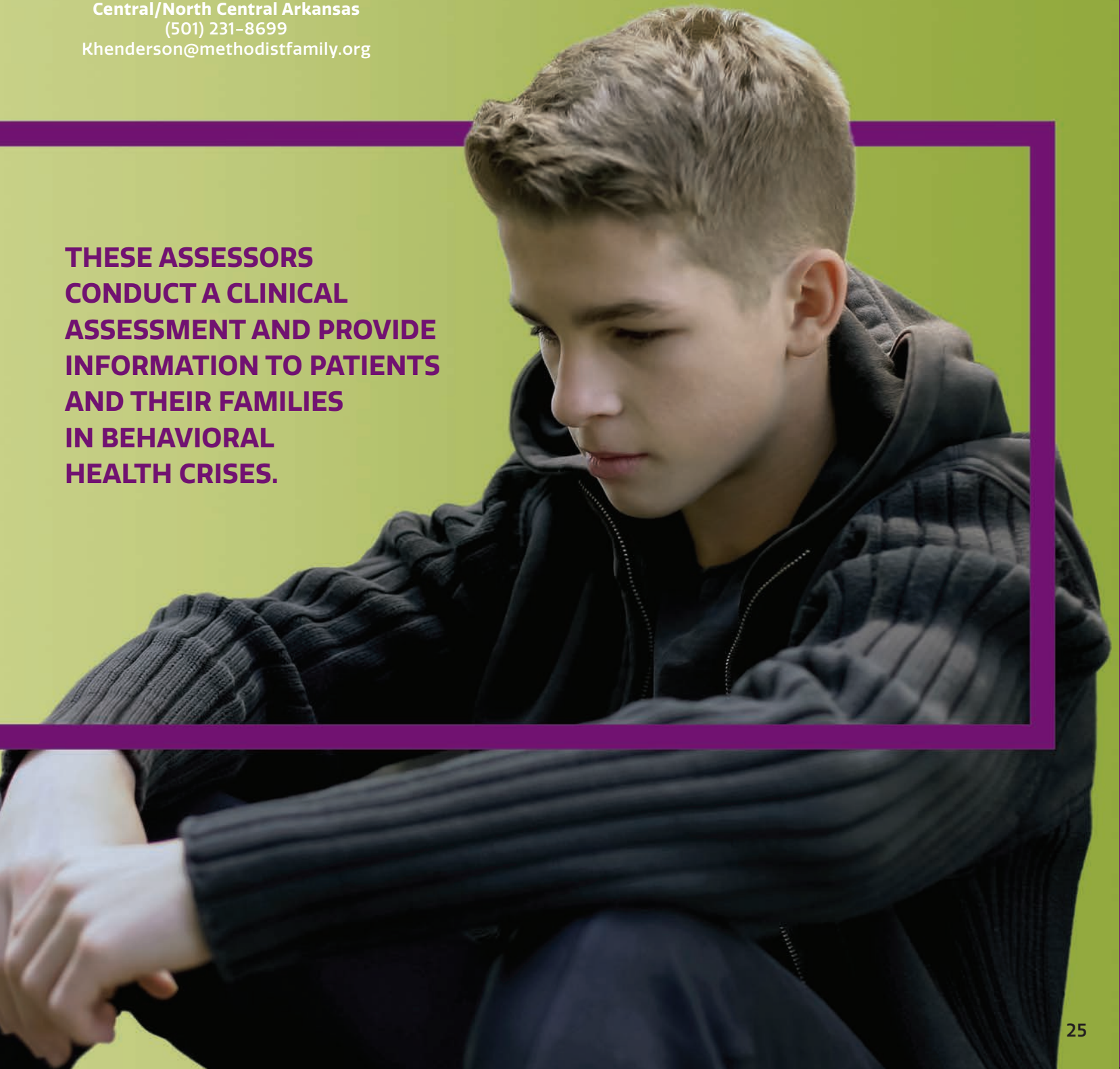
WESLEY MORGAN, LPC

Residential Mobile Assessor
Statewide
(501) 218-4993
Wmorgan@methodistfamily.org

KATIE HENDERSON

Community Liaison
Central/North Central Arkansas
(501) 231-8699
Khenderson@methodistfamily.org

**THESE ASSESSORS
CONDUCT A CLINICAL
ASSESSMENT AND PROVIDE
INFORMATION TO PATIENTS
AND THEIR FAMILIES
IN BEHAVIORAL
HEALTH CRISES.**



MISSION & VOLUNTEER OPPORTUNITIES

Founded in the compassionate tradition of the United Methodist Church, Methodist Family Health has, at its heart, remained a ministry.

EVEN THOUGH WE HAVE INCORPORATED AS A STAND-ALONE, NONPROFIT ORGANIZATION, OUR ROOTS AND DAILY MISSION ARE STILL FIRMLY PLANTED IN SERVING OUR NEIGHBOR FAITHFULLY AND PROVIDING THE BEST POSSIBLE CARE TO THOSE WHO MAY NEED IT.

Your church, ministry, class or small group can help us serve the children and families in our care in any way that works best for you. The following are some ways ministries have helped us; any one of them can benefit our kids in mind, body and spirit.

PRAYER

Add our kids and their families to your prayer lists at church and remember them as you pray.

SPIRITUALITY SERVICES

Share your talents in any way you are led to provide! This can include music, devotionals, games, dramas, snacks, the list is nearly endless. Spirituality services can be customized to match your mission, gifts and talents.

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CONTRIBUTE

Funding is always needed to help provide for the spiritual needs of our patients. Your congregation or group can pledge to donate funds to purchase Bibles and spiritual study materials for our moms fighting addiction through Arkansas CARES, or the kids in our programs throughout the state.

You also can donate to the Rev. Robert Regnier Memorial Summer Camp at Camp Tanako on Lake Catherine, which we utilize for kids in our therapeutic group homes every summer.

CELEBRATE

Hospitality is one of the values of any community of faith and is especially meaningful when children are separated from their families. Consider organizing a party, event or service project during Thanksgiving, Christmas, Martin Luther King Day, Valentine's Day, Fourth of July, Back to School, Halloween, etc.



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MISSION & VOLUNTEER OPPORTUNITIES

DONATE

Every unit at Methodist Behavioral Hospital in Maumelle, at a group home in your community, or a cottage at Arkansas CARES can use donated supplies to make the patients' stay more comfortable. Items that are always needed include:

- **FURNISHINGS** for the facility;
- **CLOTHES**, including underwear, socks, shoes and outerwear (coats, hats, gloves);
- **PERSONAL HYGIENE PRODUCTS** of all types, including feminine hygiene products, body wash, shampoo, deodorant, toothpaste and toothbrushes, hairbrushes and combs, etc.
- **SCHOOL SUPPLIES** such as backpacks, crayons, pencils, pens, markers, composition notebooks, binders, folders, glue sticks, etc.;
- **BOOKS**, adult coloring books and art supplies;
- **LINENS** such as white sheets, pillows, towels, washcloths and blankets.

FEED

Organize your church into providing a pancake breakfast, chili cook-off or grill hot dogs for a picnic for any of the kids in our care. Our kids LOVE all-you-can-eat buffets, and they will be refreshed in spirit knowing others care for them.





**EVERY UNIT AT
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HOSPITAL IN MAUMELLE,
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YOUR COMMUNITY, OR A
COTTAGE AT ARKANSAS
CARES CAN USE DONATED
SUPPLIES TO MAKE
THE PATIENTS' STAY
MORE COMFORTABLE.**

**TO FIND OUT MORE WAYS YOUR GROUP,
CHURCH OR ORGANIZATION CAN GET
INVOLVED, CONTACT:**

**Director of Pastoral Care
Methodist Family Health
1600 Aldersgate Rd., Suite 100
Little Rock, AR 72205
(501) 661-0720**

BIBLE BOUNTY

We invite your group to provide a Bible or spiritual book for a child (paperback only, please) from the following list. Please ship books to the contact below for distribution:

MY FIRST HANDS-ON BIBLE (Paperback)
Available at Cokesbury and Amazon

HANDS-ON BIBLE (Softcover) NLT
Available at Cokesbury and Amazon

COMIC BOOK BIBLE
Available at Amazon

3 MINUTE DEVOTIONAL FOR GIRLS
Available at Cokesbury and Amazon

3 MINUTE DEVOTIONAL FOR TEEN GIRLS
Available at Cokesbury and Amazon

3 MINUTE DEVOTIONAL FOR GUYS
Available at Cokesbury and Amazon

3 MINUTE DEVOTIONAL FOR BOYS
Available at Cokesbury and Amazon

CEB STUDENT BIBLE
Available at Cokesbury

NIV CELEBRATE RECOVERY BIBLE
Available at Cokesbury

JESUS CALLING DEVOTIONAL
Available at Cokesbury

THE JESUS STORYBOOK BIBLE
Available at Cokesbury



THE TEACHING-FAMILY MODEL AT METHODIST FAMILY HEALTH

The Teaching-Family Model was developed as a behavioral intervention. It uses effective teaching interactions and a high degree of positive feedback to address behavioral problems in children and families.

THE MODEL HAS BEEN PROVEN BY RESEARCH AND IS USED EFFECTIVELY WITH CHILDREN HAVING BEHAVIORAL OR EMOTIONAL PROBLEMS, PARTICULARLY THOSE YOUTH WHO ARE AT-RISK, IN THE FOSTER CARE SYSTEM, INVOLVED IN THE JUVENILE JUSTICE SYSTEM, DEVELOPMENTALLY DISABLED OR WHO ARE SEVERELY EMOTIONALLY DISTURBED.

The Teaching-Family Model was developed specifically for children, youth, young adults and families receiving child welfare services. With more than 40 years of research as to its effectiveness in improving behavioral outcomes, it is considered a complete model of care.

The Model uses a family-like setting which includes Teaching-Parents who provide intervention and support in the mode and manner of a parent. Groups are small, generally limited to six children for every two Teaching-Parents, creating a true family-like environment.



Methodist Family Health believes so strongly in the methodology, it is the only behavioral health provider for children and families in the state of Arkansas to utilize the Teaching-Family Model throughout its continuum of care.

**GROUPS ARE
SMALL, GENERALLY
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TWO TEACHING-
PARENTS, CREATING
A TRUE FAMILY-LIKE
ENVIRONMENT.**

**THE MODEL IS EFFECTIVE IN
A RANGE OF MENTAL
AND BEHAVIORAL HEALTH
CONDITIONS AFFECTING
CHILDREN AND YOUTH,
INCLUDING:**

Depression

Anxiety

Post-traumatic
stress disorder (PTSD)

Attention-deficit disorder (ADD)

Attention-deficit hyperactivity
disorder (ADHD)

Obsessive-compulsive
disorder (OCD)

Oppositional defiant disorder (ODD),
among other behavioral and
mental health issues

**FOR MORE INFORMATION ABOUT
THE TEACHING-FAMILY MODEL,
visit MethodistFamily.org.**





**THE MISSION OF
METHODIST FAMILY HEALTH
IS TO GIVE
THE BEST
POSSIBLE CARE
TO THOSE WHO MAY NEED
OUR HELP.**



METHODISTFAMILY.ORG
501-661-0720