

LIGHT BEARERS 



*Janet Breen, LPC, outpatient therapist, Methodist Counseling Clinic and Program Coordinator, Kaleidoscope Grief Center*

**Janet Breen, LPC  
Kaleidoscope Grief Center**

It takes a special person to work with children and families who are grieving the loss of a loved one. Janet Breen knows what it takes to help children and families cope with the unthinkable, and she has been doing just this for more than two decades. As a licensed professional counselor, Janet works with Arkansas children as a counselor at Methodist Family Health's counseling clinic in Little Rock. She also is the program coordinator for Kaleidoscope Grief Center, a program of Methodist Family Health, which promotes the process of healing through education, therapeutic and recreational services, grief support programs and traditional counseling.

*continued on page 2*



**CAMP HEALING HEARTS**  
Helps Grieving Arkansas Children, Families  
Reflect, Reconnect and Rediscover

**FREE Grief Day Camp Set for Sat., May 21, 2022**

After two years of dormancy because of the COVID-19 pandemic, Methodist Family Health's Camp Healing Hearts is back this year with a day camp for Arkansas children and families struggling with grief. Coordinated by Kaleidoscope Grief Center, which is a program of Methodist Family Health, Camp Healing Hearts is FREE to families attending and will begin at 8 a.m. on Sat., May 21 at Camp Aldersgate in Little Rock. This camp is open to any family in Arkansas who is grieving the death of a loved one.

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 is for Arkansas children ages 5 to 18 and their families who have lost a loved one and are coping with grief and bereavement. Utilizing both therapy and recreation, Camp Healing Hearts offers children and families an opportunity to discover their own inner strength.

The camp includes heart-to-heart time, swimming, fishing, crafts, games, campfires and s'mores and much more. An adult caregiver is required to accompany the grieving child or children attending camp. Only 100 spaces are available so those interested in attending are encouraged to complete and return an application prior to the deadline, which is 4:30 p.m., Thurs., May 5.

Camp Healing Hearts is made possible by community partners in the Alliance for Grief and Loss, including Arkansas Children's Hospital, Little Rock School District, Pulaski County Special School District, Griffin-Leggett Funeral Homes and the University of Arkansas for Medical Sciences.

For an application, visit [MethodistFamily.org](http://MethodistFamily.org).

For more information about Camp Healing Hearts or Kaleidoscope Grief Center, contact Dao Ward at [dward@methodistfamily.org](mailto:dward@methodistfamily.org) or call 501-537-3991 or 800-756-3709 toll-free.



 **Scan and Register**

# LIGHT BEARERS

continued from page 1

"More than a million children nationwide will lose a parent by age 15," Janet explained. "Research shows the death of a parent may be the most traumatic single event to affect the well-being and health of a developing child. Adult depression, schizophrenia, drug problems and alcohol use may be linked to childhood bereavement. Many more will lose siblings, other relatives, caregivers and close friends. These profound losses affect daily lives, academic and social functioning, and growth toward adulthood."

To assist loved ones to mourn their loss in a healthy way, Janet and a team of volunteers provide several resources – all free of charge. Any child and his or her family throughout Arkansas can participate in peer support bereavement groups, which are held twice monthly and provide age-appropriate peer support for children ages 5-18 and their caregivers. These groups provide a safe place to nurture the expression of feelings to promote the healing process after the death of a loved one. Kaleidoscope Kids Club offers quarterly social events chaperoned by staff and volunteers, which allow opportunities for fun when sadness seems to prevail. Kids Club events are open to any child or teen who is or has been enrolled in any of our programs. Bereavement counseling with a licensed clinician is available for children and families facing critical or terminal illness.

Perhaps the event the kids in our Kaleidoscope Grief Center look most forward to is Camp Healing Hearts, which is a free, family-oriented grief camp for children ages 5-18 and their families. Because grief can be a very isolating experience, particularly for children, Camp Healing Hearts provides a safe environment where children and their families can develop coping skills — both individually and within a community of others. After two years of dormancy because of the COVID-19 pandemic, Methodist Family Health's Camp Healing Hearts is back this year with a day camp, which will begin at 8 a.m. on Sat., May 21 at Camp Aldersgate in Little Rock. This camp is open to any family in Arkansas who is grieving the death of a loved one. The camp includes heart-to-heart time, swimming, fishing, crafts, games, campfires and s'mores and much more. An adult caregiver is required to accompany the grieving child or children attending camp. Because only 100 spaces are available, those interested in attending are encouraged to complete and return an application prior to the deadline, which is 4:30 p.m., Thurs., May 5. For an application or more information, contact Dao Ward at [dward@methodistfamily.org](mailto:dward@methodistfamily.org) or call 501-537-3991 or 800-756-3709 toll-free.

"Children and families in grief need someone and somewhere to turn to when they are hurting," Janet said. "Kaleidoscope and Methodist Family Health provide that, and it's our honor to be part of their healing."



## LATEST NEWS & EVENTS



### Grants Help Support Various Programs Within Methodist Family Health

Since July 1, 2021, Methodist Family Health Foundation has been awarded more than \$1,008,101 in grants. These grants help support the work and mission of Methodist Family Health, giving the best possible care to those that may need our help.

Methodist Family Health Foundation is waiting to hear responses regarding several grants recently submitted, which will help fund additional programs within the Methodist Family Health statewide continuum of care.

#### Grants received to date include:

- Arkansas Arts Council for the in-school art program at Little Rock Day Treatment and summer art program at Little Rock Psychiatric Residential Treatment
- Arkansas Department of Health – Great Strides Grant for Fillmore campus playground improvements in Little Rock
- Christ of the Hills United Methodist Church for a new sectional sofa for the Arkansas Center for Addictions Research, Education and Services (Arkansas CARES) transitional home in Little Rock
- Heart of Arkansas United Way for benchmarking software at Methodist Behavioral Hospital in Maumelle and for necessities such as toiletries, personal hygiene items and clothes for the continuum donation closet
- Rebsamen Fund for textbooks at Methodist Behavioral Hospital in Maumelle and Little Rock Psychiatric Residential Treatment Center
- The Charles A. Frueauff Foundation for the in-school art program at Little Rock Day Treatment and summer art program at Little Rock Psychiatric Residential Treatment Center
- The J. E. and L.E. Mabee Foundation, Inc. challenge grant for the new Mike Millar Spiritual Life Center on the Fillmore campus in Little Rock
- The Magale Foundation, Inc. for Magale Manor Home repairs (new doors)
- The Methodist Foundation for Arkansas for a new van for our therapeutic group home in Lexa

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**Kelli Reep, APR**, Director of Communications  
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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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**The mission of Methodist Family Health is to give the best possible care to those who may need our help.**

## Progress Continues on the Mike Millar Spiritual Life Center at Methodist Family Health's Oldest Campus

In 2019, Methodist Family Health Foundation launched a capital campaign to raise \$4,256,175 to construct the Mike Millar Spiritual Life Center on the Fillmore campus in Little Rock. With funds pledged and secured, the ground was broken in October 2021. The new multipurpose building is named in honor of Mike Millar, a devout United Methodist and noted attorney in Searcy, as well as a long-time board chair, board member, donor and supporter of Methodist Family Health. The new building will include a chapel, multipurpose space, a welcome center and office space for all Methodist Children's Home administrators. In addition, the multipurpose center will include an outdoor labyrinth for prayer and meditation, new landscaping and a dedicated parking lot. The building will be 5,118 square feet and is scheduled for completion in fall 2022. We thank all the donors to this capital campaign who made the Mike Millar Spiritual Life Center a reality. Because of your partnership and generosity, the Arkansas children and families in our care will have access to an amazing facility.



Photos courtesy of Kinco Constructors and Methodist Family Health



## Children in Our Care Seek Your Prayers

Rev. Eva Englert-Jessen has recently taught the children in our care the "5 Finger Prayer" emphasizing categories of prayer including family, leaders, those most vulnerable in society and self. Here are some prayer requests from the children in our care:

- For President Joe Biden
- For my mom
- To be a leader
- For state police and first responders
- For our president and leaders
- For sick people and vulnerable
- For Ukraine
- For my sister
- For my grandparents



Artwork by a child in our care

### Spiritually Speaking



The bible study groups at Arkansas CARES, Methodist Behavioral Hospital and the residential treatment center in Little Rock have been digging in the garden the past month. From seed planting to bible stories about the parables of the mustard seed and the sower, our clients have enjoyed the warmer days of spring and doing activities related to transformation and change and caring for the earth through the soil. Pastoral Care Director Rev. Eva Englert-Jessen has a particular passion for combining spirituality/theology with gardening and creation and has thoroughly enjoyed sharing this with our clients and community. She is excited to continue gardening when she returns from maternity leave in late June.



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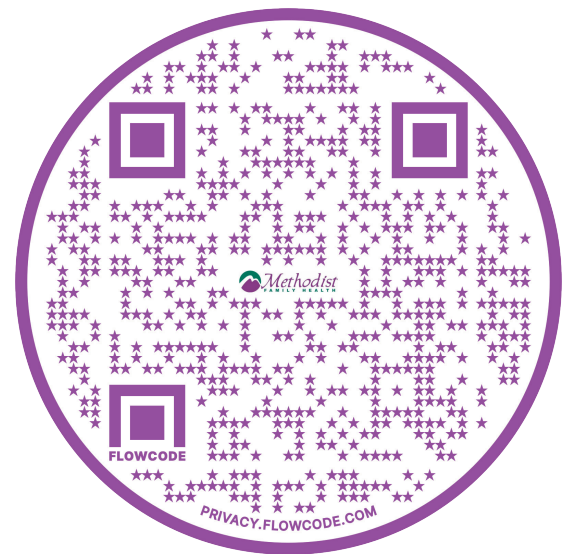
STEAL FROM THE STABLE  
AND SAVE THE DATE FOR

*Southern*  
**Silks**  
STAKES  
Methodist  
FAMILY HEALTH FOUNDATION  
6 P.M.

SATURDAY, SEPTEMBER 17, 2022  
EMBASSY SUITES LITTLE ROCK  
11301 FINANCIAL CENTRE PKWY

TICKET AND SPONSOR INFORMATION AT  
[METHODISTFAMILY.ORG/SOUTHERN-SILKS](http://METHODISTFAMILY.ORG/SOUTHERN-SILKS)  
OR 501-906-4209

## Support Methodist Family Health Foundation



Scan. Tap. Donate.

Your donation helps the Arkansas children and their families in our care. Will you give today to those in our care who are abandoned, abused, neglected and suffering psychiatric, behavioral, emotional and spiritual issues? Here are easy ways to give:

- Donate Online now using our secure online donation form
- Call 501-906-4201 to make a secure contribution with your debit or credit card
- Mail your cash or check donation to:  
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