



FAMILY COUNSELING CENTER, INC.

Helping others help themselves...

FY 2015 Annual Report

July 1, 2014 - June 30, 2015

Administrative Office

125 North Market Street
PO Box 759
Golconda, IL 62938

Founded: 06/21/1974

FAMILY COUNSELING CENTER, INC.

FY 2015 Annual Report
July 1, 2014 - June 30, 2015

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Our Mission

At Family Counseling Center, Inc. (FCC), our mission is to improve the quality of life for persons in need of mental health and substance abuse counseling. We also provide child welfare and developmental disability services. Our primary focus is to reduce the severity of mental health symptoms, promote self awareness for those with intellectual disabilities and provide safe, quality housing for our residential clients.

Our Funding

Family Counseling Center, Inc. is a private, not-for-profit corporation. FCC receives funding from the Illinois Department of Human Services—Division of Mental Health, Division of Alcoholism and Substance Abuse, Division of Developmental Disabilities; Illinois Department of Children and Family Services; United States Department of Housing and Urban Development; Local 553 Property Tax Levy; gifts and client fees.

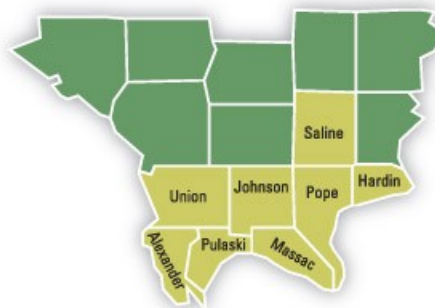
Our History

Family Counseling Center, Inc. (FCC) opened its doors in June 1974 to provide mental Behavioral Health (BH) out-patient services to residents of Pope County. Although we began by providing services to Pope County, FCC was also given responsibility for additional regions: Pope, Hardin and Johnson counties — primarily due to economics and demographics. In 1976, FCC became incorporated as a Not-for-Profit 501(c)3. In 1989, FCC expanded our program offerings to include Developmental Services (DS) for both residential homes and developmental training. The Supportive Living division opened its doors in April 2008, to provide quality senior living care.

Subsequently, FCC has grown to 15 sites: 6 in Johnson County — our largest populated area; 5 sites in Hardin County; 3 sites in Pope County; and 1 site in Pulaski County with services extending beyond those 4 counties to include Alexander, Massac, Saline and Union.

FCC provides more than 20 different types of services to over 1,200 clients, within 3 separate divisions: **Behavioral Health** (adult/youth outpatient and crisis intervention services, substance abuse outpatient, Alzheimer's screenings, 24-7 residential, psychiatric services, 8-apartment complex); **Developmental Services** (crisis, therapy, 24-7 residential, workshop, school transition and home base); and **Supportive Living** (**Autumn Ridge Supportive Living Facility**—46 apartment complex for independent senior living). FCC has been accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) since 1992.

Our nine member Board of Directors is elected from 3 primary counties: Hardin, Johnson and Pope.



Message from the Executive Director

Fiscal Year 2015 marks my first full year as Executive Director for Family Counseling Center, Inc. and what a great year it has been. We started FY 2015 evaluating each area of our agency to determine where we could become more effective and more efficient while improving the quality of our services. I am very proud of our *family* and what *we* have accomplished in such a short time. Here are just a few of our achievements.

In the Developmental Services Division, we set out to recoup a substantial collection of bad debt for developmental training services at the Pope County Workshop that had accrued over a 6 year period. Within a few months, we were able to collect all of the debt owed to us which was close to \$500,000. In turn, we paid off a large loan from Southern Trust Bank which improved our equity and borrowing potential for future projects. We continue to monitor the status of this developmental training contract to ensure that Family Counseling Center, Inc. does not experience this type of delay in payments from vendors again.

Since the inception of the Autumn Ridge Supportive Living Facility, our agency has paid a very high property tax and attempts have been made in the past to seek exemption, however, those previous attempts failed. In doing research, it was found that the facility fell under a specific property tax code that would allow for the property tax to decrease and cap based on the type of loan used for the facility and the fact that the facility housed mostly Medicaid recipients. In working with the Johnson County Assessors office, we requested a property reassessment based on the tax code. We were successful and reduced our tax bill by more than \$18,000 from the previous year. The property tax cap went from nearly \$96,000 to no more than \$40,000 per year. The reduction in property taxes set up Autumn Ridge Supportive Living Facility to become more financially solvent and to focus dollars on quality improvements instead of future tax bills.

In January, the Behavioral Health Division opened a transitional living facility for homeless youth in Rosiclare at the old Hilltop House. The project was funded by a grant from the Department of Human Services, Homeless Youth Program. The 8 bed facility was named Mahoney Transitional Living after a Hardin County native and retired teacher, Sue Mahoney. Ameren Illinois also awarded the home a grant to purchase a new HVAC unit. The Behavioral Health Division was also awarded several other grants that encompassed community education about suicide awareness, development of a parenting support group, and programming assistance to provide health recreational activities to youth. Family Counseling Center, Inc. continued to explore opportunities to partner with local mental health agencies and press towards integrated care. A partnership was formed with Delta Center, Inc. to investigate service collaboration within Alexander and Pulaski Counties. At the end of FY 2015, several threats from state government were made to cut or reduce mental health programming making such partnerships necessary for survival. Fiscal Year 2016 could potentially be the most trying time the agency has ever faced due to ongoing State of Illinois budget crisis.

Development of a new outpatient office in Vienna continued to be top priority for the agency. Family Counseling Center, Inc. has occupied its current location on Vine Street in Vienna for 14 years. Annual rent for the facility is \$68,100, meaning that this profound investment of over \$1,000,000 is not a long term asset for the agency. Plans were developed and local banks were contacted to determine the feasibility of moving forward with a new complex on property owned by the agency on Red Bud Lane in Vienna. This project will continue through the next fiscal year.

Given the fact that Family Counseling Center, Inc.'s main concentration of income is around the State of Illinois' reimbursement system, a focus to diversify the agency's income was essential. Potential avenues of income diversification were explored. A child care feasibility study was completed as a viable option, several federal grants applications were completed, and continued discussions were held throughout the year to determine the best direction to accomplish this goal in all divisions. It is our hope that our agency will be ready to act on several of the recommendations in the coming fiscal year.

Our agency continues to serve a growing number of individuals. In FY 2015, 286 more people were served in our communities than the previous year. Which is evidence that our developmental, behavioral, and senior living services continue to be crucial to residents within the southern 7 counties of Illinois. Our mission of "helping others help themselves" is exemplified daily through the caring hands of our dedicated staff, Family Counseling Center, Inc.'s *family*.

Sherrie L. Crabb
Executive Director

FAMILY COUNSELING CENTER, INC.

TRI- COUNTY BOARD OF DIRECTORS

FY 2015

Officers



Norma Turok
President
Johnson County



Bill Green
Vice President thru 9/2014
Pope County



George Thodoropoulos
Vice President elected 10/2014
Pope County



Darlene Hamilton
Secretary/Treasurer
Hardin County

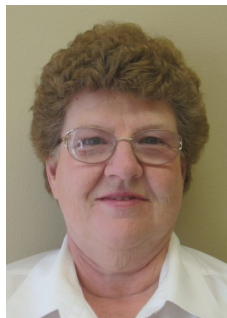
Members



Judith Barnard
Hardin County



Pat German
Hardin County



Pam McCuan
Johnson County



Lois Faye Mize
Johnson County



Larry Flynn
Pope County



Nanci Berger
Pope County elected 12/2014

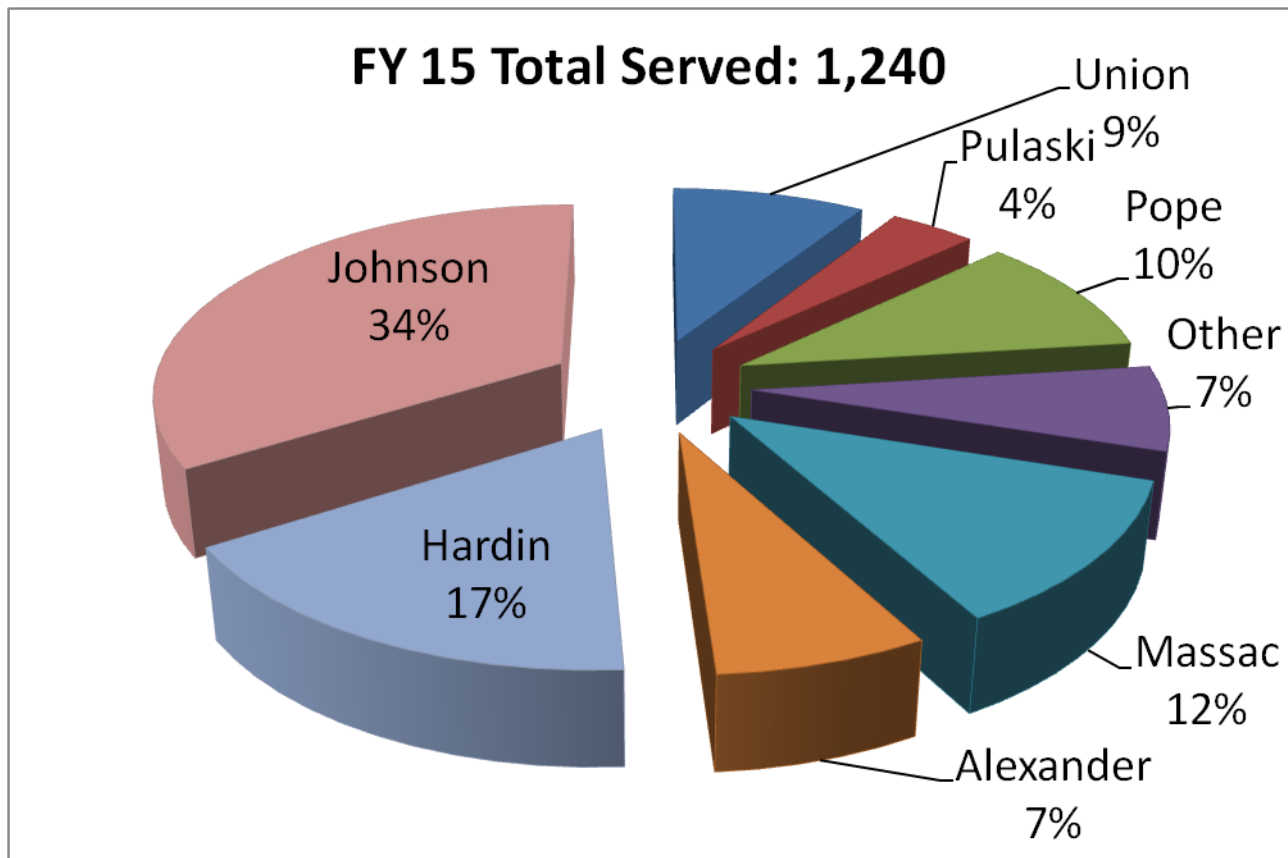
SCHEDULE OF SUPPORT AND REVENUE - BY SOURCE

| <i>REVENUE</i> | 30-June 10 | 30-June 11 | 30-June 12 | 30-June 13 | 30-June 14 | 30-June 15 |
|---------------------------------------|-------------------|-------------------|-------------------|------------------|------------------|------------------|
| <i>FEES FOR SERVICE</i> | | | | | | |
| DMH MEDICAID | 893,430 | 828,303 | 868,169 | 983,625 | 885,891 | 899,643 |
| SUBSTANCE ABUSE MEDICAID | 14,973 | 10,041 | 2,091 | 6,320 | 3,757 | 0 |
| DT MEDICAID | 270,598 | 293,338 | 320,794 | 282,316 | 335,906 | 312,865 |
| DD FEE FOR SERVICE | 70,157 | 85,642 | 90,415 | 103,908 | 86,501 | 116,145 |
| DEPT. OF PUBLIC AID | 10,058 | 11,573 | 13,686 | 14,780 | 14,202 | 14,406 |
| CLIENT/FAMILY PAYMENTS/INS | 50,811 | 31,568 | 27,999 | 29,512 | 23,621 | 15,896 |
| HOUSE RENT | 178,708 | 167,429 | 213,148 | 187,474 | 195,498 | 265,902 |
| DUI/REM. ED. | 5,412 | 1,966 | 900 | 1,488 | 931 | 710 |
| MISCELLANEOUS | 12,626 | 3,683 | 17,567 | 24,340 | 22,161 | 10,208 |
| <i>TOTAL FEES FOR SERVICES</i> | 1,506,773 | 1,433,543 | 1,554,769 | 1,633,763 | 1,568,468 | 1,635,776 |
| <i>GRANTS</i> | | | | | | |
| DMH DD | 1,370,919 | 1,270,750 | 1,296,138 | 1,322,146 | 1,554,674 | 1,539,929 |
| OHIO RIVER YOUTH SER./CCBYS | 53,020 | 43,855 | 70,847 | 89,732 | 99,730 | 89,730 |
| SUBSTANCE ABUSE | 62,627 | 64,304 | 64,166 | 60,871 | 69,901 | 67,413 |
| SASS | 196,596 | 196,627 | 161,301 | 175,362 | 199,943 | 240,648 |
| SOC | 90,000 | 50,000 | 50,000 | 50,000 | 50,000 | 50,000 |
| PII | - | - | - | - | 23,333 | 35,000 |
| SAIL | 41,677 | 41,677 | 41,677 | 41,677 | 41,677 | 41,677 |
| 31U | 468,821 | 474,332 | 505,245 | 522,786 | 583,217 | 618,707 |
| FAMILY CENTERED SERVICES | 17,078 | 0 | 0 | 0 | 0 | 0 |
| VIOLENT CRIME VICTIMS | 15,000 | 14,250 | 0 | 0 | 0 | 0 |
| <i>TOTAL GRANTS</i> | 2,315,738 | 2,155,795 | 2,189,374 | 2,262,574 | 2,622,247 | 2,683,104 |
| <i>ARSLF</i> | | | | | | |
| RENT | * | * | * | 746,747 | 664,127 | 702,289 |
| MEDICAID | * | * | * | 530,332 | 456,330 | 517,586 |
| <i>TOTAL ARSLF</i> | * | * | * | 1,277,079 | 1,120,457 | 1,219,875 |
| <i>OTHER SOURCES</i> | | | | | | |
| 553 PUBLIC HEALTH TAX | 33,054 | 35,748 | 37,115 | 38,192 | 37,354 | 38,972 |
| FLOWER BOX/PLANT SALES | 9,881 | 8,307 | 5,577 | 5,391 | 4,348 | 4,430 |
| FOOD STAMPS/LINK | 25,825 | 28,101 | 29,665 | 34,230 | 62,703 | 43,633 |
| SALES OF SERVICE & GOODS | 42,891 | 43,205 | 52,401 | 62,017 | 33,820 | 34,821 |
| MISCELLANEOUS | 136,208 | 48,640 | 8,989 | 15,327 | 31,789 | 30,464 |
| INTEREST INCOME | 533 | 1,940 | 8,036 | 16,795 | 6,794 | 15,725 |
| <i>TOTAL OTHER SOURCES</i> | 248,392 | 165,941 | 141,783 | 171,952 | 176,808 | 168,045 |
| <i>GRAND TOTAL AGENCY</i> | *4,070,903 | *3,755,279 | *3,885,926 | 5,345,368 | 5,488,208 | 5,706,800 |

*excludes Supportive Living Division (ARSLF)

Clients Served by County of Residence

*excludes Supportive Living Program



Administrative and Financial Division

Administrative and Financial Program



The annual Christmas board meeting was held at Kokopelli Golf Course in Marion.



Team work activity at the Fall Staff Appreciation Day in Vienna.

Administrative and Financial Programs

DESCRIPTION: The Administrative Program is divided into five areas, Administrative/Management staff; Financial staff; Clerical staff; Maintenance staff; and Professional Consulting staff. Together, these individuals perform the functions necessary to administer the programs and enable the direct service staff to provide outstanding care to our service recipients.

SERVICES PERFORMED: Administrative/Management staff oversees the provision of various programs and services available to clients and consumers; develops and ensures compliance with agency policies and procedures in accordance with guidelines established by the various funding sources; maintains personnel records in accordance with funding source requirements.

Financial staff performs the accounting required to: maintain service contracts; prepare the agency allocation plan and program budgets; monitor compliance with grant requirements; perform client, Medicaid and insurance billings; prepare fee-for-service billings to funding sources; maintain client data base; accumulate, transmit and report service data; compile statistical reporting of direct service staff/program hours; prepare and report DHS and DASA Medicaid billing and grant hours; prepare clients and staff payroll; manage agency disbursements; prepare agency tax reports; and produce internal and external financial reports.

Clerical staff perform clerical functions necessary to fulfill: receptionist duties at the two of the three outpatient offices; typing, word processing and routing of letters, memos, policies and procedures; serving as the initial entry point for referrals; maintaining agency policy & procedure manuals; filing and managing client records; ensuring client files meet funding source requirements; and ordering and distributing agency supplies.

The Maintenance staff is responsible for preventative maintenance as well as the upkeep of agency vehicles, building and equipment.

The Professional Consulting staff ensures the provision of psychiatric and computer programming, network technology and data management services to ensure effective and efficient agency operation.

In accordance with the agency allocation plan, the Clinical Programs fund the Administrative Programs.

FY 2015 FTE Staff:

| | |
|----------------------------|---|
| Administrative/Management: | 5 |
| Financial: | 3 |
| Clerical: | 3 |
| Maintenance: | 1 |
| Professional Consulting: | 3 |

Behavioral Health Division

Adult Outpatient Service Programs (MIOA, 110P)

Alzheimer's Screening Program (CADRD)

Pre-Admission Screen/Mental Health (PAS/MH) Screening Program

Community Support Residential (CSR, 830) Program

Youth Outpatient Service Programs (MIOY, 120P)

Screening, Assessment and Support Services (SASS) Program

**Comprehensive Community-Based Youth Services (CCBYS)
Program**

Homeless Youth (HY) Program

System of Care (SOC) Program

Permanency Innovations Initiative (PII) Program

Crisis Intervention Service Program (MICI)

Alcohol and Substance Abuse (ASA) Program



2015 Youth Programs Golf Scramble

Adult Outpatient Service Programs (MIOA, 110P)

DESCRIPTION: This program provides services to adults age 18 years or older who will benefit from individual, group, marital, or family counseling and/or are in need of on-going case management and monitoring of symptoms and medications. Clients live primarily in Johnson, Pope and Hardin counties.

PURPOSE/MISSION: To facilitate an improvement in the psychological functioning level of clients through the administration of verbal therapies, case management, medication and symptom monitoring for the long term needs of the client's diagnostic requirements.

ADMISSION CRITERIA: Client has: 1) a diagnosable mental health problem in Axis I or II (as derived from the Diagnostic Statistical Manual IV-R), excluding a learning disability; 2) capability of responding to verbal therapy; 3) a current GAF score less than 70; 4) a need for continuing monitoring of symptoms and medications.

SERVICES OFFERED: 1) assessment; 2) crisis intervention; 3) case management; 4) individual, family or group therapy and/or counseling; 5) medication monitoring; 6) medication education; 7) advocacy; 8) consultation; 9) referral; 10) outreach; 11) skills training; 12) psychosocial rehabilitation services; 13) community integration; 14) linkage/referral; 15) support services; 16) education; 17) follow-up.

Services are provided primarily to residents of Pope, Johnson and Hardin counties which are viewed as priority populations. However, referrals are accepted for residents of other counties. Services are provided in a variety of settings, i.e., clinical sites, hospitals, shelter care nursing facilities, client's homes, law enforcement offices or courts and other community locations.

FY 15 Staffing, Clients Served, and Income

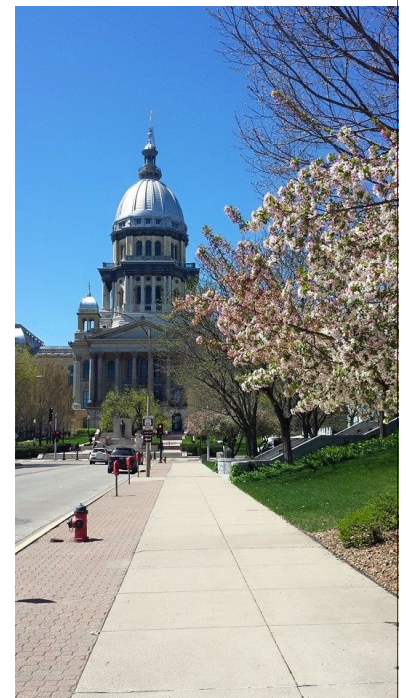
FTE STAFF: 10.645

UNDUPLICATED CLIENTS: 291

| | |
|------------------|------------------|
| Medicaid: | \$372,639 |
| Non-Medicaid: | \$14,801 |
| Grant: | \$48,204 |
| Fee for Service: | \$24,794 |
| Other: | \$11,034 |
| TOTAL: | \$471,472 |



In April 2015, Family Counseling Center, Inc. headed to Springfield to advocate against budget cuts that were projected to significantly reduce mental health and homeless youth services in Southern Illinois for FY 16.



Alzheimer's Screening Program (CADRD)

DESCRIPTION: A program funded by the Southern Illinois University School of Medicine, Research Assessment Services and Outreach Educational Services and Training for the Center for Alzheimer's Disease and Related Disorders Program.

PURPOSE/MISSION: The hope is that, with early diagnosis and treatment, a person with Alzheimer's disease may remain an active part of their family for a longer period of time by slowing the progression of the disease.

ADMISSION CRITERIA: After receiving the referral for the screening, an appointment is scheduled as soon as possible. After the initial screening, much of the time frame depends on the other individuals involved in the process (doctors, family members, etc.)

SERVICES OFFERED: 1) initial screening for Alzheimer's disease; 2) referral for medical/diagnostic testing; 3) referral for case management/social services; 4) patient/family/community education about Alzheimer's disease; 5) consultation with personal physician and family; 6) follow-up rescreening assessments.

FY 15 Staffing, Clients Served, and Income

FTE STAFF: 0

UNDUPLICATED CLIENTS: 0

Grant: \$2,720

TOTAL: \$2,720

Family Counseling Center, Inc. hosted a community learning event on May 15, 2015 in Vienna titled "Learning to Connect: Relating to the Person with Alzheimer's".

learning to
connect



RELATING TO THE PERSON WITH ALZHEIMER'S

Feeling unsure or ill at ease spending time with a person with memory loss? By understanding the disease and how it affects the brain, you can more easily make meaningful connections with a person with Alzheimer's disease. This program will provide insight into memory loss and dementia and the effect on communication and behavior. It will also introduce participants to techniques that can be used to make visits more comfortable and meaningful.

This program is 1.5 hours, which includes time for questions and answers.

WHEN

Friday, May 15, 2015
1:00-2:30 pm

WHERE

Fellowship Baptist Church
890 Senior Avenue
Vienna, IL 62995
Hosted by:
Family Counseling Center, Inc.

REGISTRATION

Call 618.658.2775 or
618.658.2611 (ask for Kamela)
*Limited to 30
*Lunch from 12:00-1:00 pm

alzheimer's association
Greater Illinois Chapter



24.7HELPLINE
800.272.3900

alz.org/illinois | alzil.mobi

Pre-Admission Screen/Mental Health (PAS/MH) Screening Program

DESCRIPTION: A program funded by the Illinois Department of Human Services, Division of Mental Health. PAS/MH is a comprehensive mental health assessment which includes presenting problem, reason for referral, pertinent social history information, history and response to treatment, mental status, diagnostic evaluation of role functioning impairment, assessment of substance abuse disorder, a review of the individual's history of maladaptive behaviors and necessary outcome determinations and dispositions.

PURPOSE/MISSION: The 1987 Omnibus Budget Reconciliation Act (OBRA'87) requires that individuals with severe mental illness who apply for admission to a Medicaid certified nursing facility are required to receive a pre-admission screening (PAS). Nursing homes are prohibited from admitting any individual with a severe mental illness unless the PAS/MH process has determined that the individual requires a nursing facility level of care and that the individual does not require specialized services (in-patient psychiatric care).

SERVICES OFFERED: 1) Level I PAS Screenings for all applicants prior to admission to a nursing facility, if they are suspected of having a serious mental illness or developmental disabilities; 2) Level II PAS Screenings for individuals meeting criteria for a suspected severe mental illness through the Level I screen.

FY 15 Staffing and Income

| | |
|--------|-----|
| Grant: | \$0 |
| TOTAL: | \$0 |

Community Support Residential (CSR, 830) Program

DESCRIPTION: This program provides services and support necessary to assist clients to achieve and maintain rehabilitative, resiliency and recovery goals.

PURPOSE/MISSION: To enhance community reintegration through acquisition and/or recovery of critical independent living skills and social roles; to increase adaptive functioning level within current residential setting; to develop potential to live successfully in a less restrictive setting; to prevent or minimize the impact of any relapse of psychiatric symptoms; and to provide an alternative to more restrictive residential and inpatient settings.

ADMISSION CRITERIA: Client must be an individual whose mental health requires active assistance and support to function independently as developmentally appropriate within home, community, work or school settings and who are in public payer designated residential settings.

SERVICES OFFERED: CSR services consist of therapeutic interventions that facilitate illness management, skill building, identification and use of natural supports and community resources.

TARGET POPULATION: Those persons living in Heritage House are the priority population served. Services are provided in the community, group home, office, psychiatric hospitals, and consumer's home. The priority environment is in the consumer's natural setting.

FY 15 Staffing, Clients Served, and Income

| | |
|-----------------------|-----------|
| FTE STAFF: | 7.015 |
| UNDUPLICATED CLIENTS: | 10 |
| Medicaid: | \$324,847 |
| Grant: | \$209,408 |
| Rent: | \$63,472 |
| Other: | \$4,035 |
| TOTAL: | \$601,762 |

Youth Outpatient Service Programs (MIOY, 120P)

DESCRIPTION: School-aged youth who may benefit within a reasonable period of time from individual, group or family counseling may avail themselves to the variety of services offered under this program. Clients live primarily in Johnson, Pope and Hardin counties.

PURPOSE/MISSION: To facilitate an improvement in the psychological functioning level of clients through the administration of verbal therapies.

ADMISSION CRITERIA: Client has: 1) a diagnosable mental health problem (as derived from the Diagnostic Statistical Manual IV; 2) capability of responding to verbal therapy within a definable length of time; 3) a current GAF score less than 70.

SERVICES OFFERED: 1) assessment; 2) crisis intervention; 3) case management; 4) individual, family or group counseling; 5) medication monitoring; 6) medication education; 7) advocacy; 8) consultation; 9) referral; 10) outreach; 11) skills training; 12) follow up.

Services are provided primarily to residents of Pope, Johnson and Hardin counties which are viewed as priority populations. However, referrals are accepted from residents of other counties. Services are provided in a variety of settings, i.e., clinical sites, schools, hospitals, client's homes and other community locations.

FY 15 Staffing, Clients Served, and Income

FTE STAFF: 5.115

UNDUPLICATED CLIENTS: 286

| | |
|---------------|-----------|
| Medicaid: | \$129,417 |
| Non-Medicaid: | \$4,184 |
| Grant: | \$0 |
| Other: | \$6,902 |
| Client Fees: | \$954 |
| Fundraisers: | \$26,005 |

TOTAL: \$167,462



April is Child Abuse Awareness Month. FCCI hosted a "Walk Around the Square" in Vienna to promote awareness about the child abuse epidemic in the State of Illinois. Over 100 people were in attendance with local media covering the event.

Screening, Assessment and Support Services (SASS) Program

DESCRIPTION: DMH SASS provides crisis intervention and stabilizes individuals under 21 years of age who are experiencing severe emotional and/or behavioral problems and have Medicaid funding. It provides an initial assessment at the child's location and will determine if hospitalization is necessary. It will arrange for hospitalization and provide monitoring during the stay. Post-hospitalization and deflection services will also be provided up to 90 days.

PURPOSE/MISSION: To provide screening and assessment services, and provide or arrange support services to youth who are at risk of psychiatric hospitalization, who are psychiatrically hospitalized, or who are being discharged from psychiatric hospitalization.

ADMISSION CRITERIA: Client is: 1) age 20 and under; 2) at risk of being psychiatrically hospitalized due to severe emotional and/or behavioral problems; 3) hospitalized for psychiatric reasons; 4) being or has been recently discharged from psychiatric hospitalization; and 5) CARES approved.

SERVICES OFFERED: 1) initial screening; 2) assessment; 3) crisis intervention; 4) case management; 5) counseling; 6) advocacy; 7) referral; 8) consultation; 9) hospital monitoring; 10) follow-up.

Services are provided in Pope, Johnson, Hardin, Massac, Union, Pulaski and Alexander counties.

FY 15 Staffing, Clients Served, and Income

FTE STAFF: 6.375

UNDUPLICATED CLIENTS: 169

SASS Medicaid: \$240,648

Other: \$13,431

TOTAL: \$254,079



Family Counseling Center, Inc. was awarded a grant from IDPH and offered suicide prevention activities and awareness during a week in May 2015. Staff presented to over 300 students and personnel at Vienna High School.

Comprehensive Community-Based Youth Services (CCBYS) Program

DESCRIPTION: A child welfare/juvenile justice system diversion program that offers temporary living arrangements, referral to other appropriate service organizations, counseling, advocacy, and recreational opportunities to preserve families.

PURPOSE/MISSION: To provide a network of services to divert youth from the child welfare and juvenile justice systems; to preserve and unify families of youth admitted, and to promote social and psychological adjustment.

ADMISSION CRITERIA: Client must be: 1) 10-17 years of age; 2) a member of one of the following service populations: a) youth taken into limited custody, b) youth demonstrating MRAI-type behavior, c) multi-problem youth referred by the Governor's Youth Service Initiative, d) youth who are wards of DCFS demonstrating MRAI-type behavior for who family reunification is the permanency goal, e) lockouts, f) homeless minors, g) youth who are at risk of requiring short term intervention, h) youth who are at risk of needing care in a foster home, i) youth who are needing intervention to alleviate excessive truancy. Youth must score moderate-high on the YASI.

SERVICES OFFERED: 1) assessment; 2) crisis intervention; 3) case management; 4) temporary shelter; 5) temporary foster care; 6) foster placement monitoring; 7) counseling; 8) advocacy; 9) referral; 10) consultation; 11) liaison with other agencies; 12) employment and education assistance; 12) access to substance abuse services; 14) social skills training; 15) recreation; 16) follow-up.

Services are provided to youth in the Pope, Johnson, Hardin, and Union county areas.

FY 15 Staffing, Clients Served, and Income

FTE STAFF: 1.46

UNDUPLICATED CLIENTS: 50

Grant: \$89,730

Other: \$655

TOTAL: \$90,385

Family Counseling Center, Inc. collaborated with Lutheran Social Services during the month of April for Child Abuse Awareness by displaying a "Blue Kid" at our outpatient office in Vienna.



The Fowler-Bonan Foundation collaborated with FCCI to shop for 25 underprivileged children in southern Illinois through the "Clothes for Kids" program in December 2014.



Homeless Youth (HY) Program

DESCRIPTION: A homeless youth program that offers emergency and transitional housing and outreach services to youth who are homeless or at risk of becoming homeless.

PURPOSE/MISSION: To provide services to individual homeless youth designed to increase their safety, well-being, and self-sufficiency through meeting the immediate survival needs of youth and assist them in transitioning to independent living.

ADMISSION CRITERIA: Client must be: 1) 14-24 years of age; 2) currently without permanent housing or in danger of losing permanent housing, 3) not a ward of the state of Illinois.

SERVICES OFFERED: 1) emergency housing; 2) access to needed goods; 3) comprehensive assessment; 4) individualized case management; 5) individual counseling; 6) permanent housing; 7) educational services; 8) life skills/independent living skills; 9) employment/vocational training; 10) social skills training; 11) prevention services; 12) transportation services; 13) benefit services: SSI, SSDI, WIC, TANF, etc; 14) services to specialized youth populations: pregnant or parenting, including fathers, LGBTQ, delinquent; 15) referral and linkage.

Services are provided to youth in the Alexander, Hardin, Johnson, Massac, Pope, Pulaski, and Union county areas

FY 15 Staffing, Clients Served, and Income

FTE STAFF: 2.7

UNDUPLICATED CLIENTS: 6

Grant: \$99,450

Other: \$4,564

TOTAL: \$104,014

Family Counseling Center, Inc. was awarded the Homeless Youth Services grant in spring of 2014 and then in January 2015 opened Mahoney Transitional Living in Rosiclare. The facility was named after a Hardin County native and retired teacher, Sue Mahoney.



The Southern Illinoisan newspaper featured one of Mahoney Transitional Living's first residents on June 13, 2015. The article was titled "Saving a Safe Haven: Rosiclare teen shelter faces unstable future" which discussed the program being identified by Governor Rauner for complete elimination in FY 16.



System of Care (SOC) Program

DESCRIPTION: System of Care services to DCFS wards is a cluster of services that target placement stabilization and/or movement to a less restrictive environment. The services are community based, family centered, and home based whenever possible.

PURPOSE/MISSION: To provide placement stabilization services to DCFS wards who are at risk of an unplanned move to another foster home or to a more intensive level of care.

ADMISSION CRITERIA: Client must : 1) be a child 0-21 years of age; 2) have an I.Q. of 65 or greater; 3) be a DCFS ward placed in foster care, or DCFS ward in residential care who is being discharged from a residential setting and preparing to be placed in a foster home; 4) be at risk of more restrictive level of placement due to emotional and/or behavioral problems; 5) be returning from psychiatric hospitalization; 6) be returning from residential placement; 7) be a DCFS youth currently living in a self selected placement.

SERVICES OFFERED: 1) assessment; 2) crisis intervention; 3) child-family team facilitation; 4) individualized care plan; 5) counseling; 6) advocacy; 7) referral; 8) consultation; 9) social/recreation skills training in community settings; 10) follow-up.

Referrals are accepted from any DCFS or private agency that has a DCFS ward needing System of Care services and residing in one of the southern seven (7) counties of Pope, Hardin, Johnson, Massac, Union, Alexander or Pulaski.

FY 15 Staffing, Clients Served, and Income

FTE STAFF: 1.23

UNDUPLICATED CLIENTS: 17

| | |
|---------------|-----------------|
| Grant: | \$50,000 |
| Other: | \$407 |
| TOTAL: | \$50,407 |



The Posbard Foundation awarded a grant to Family Counseling Center, Inc. to provide healthy recreational activities to children that had been abused, neglected, or abandoned.

Permanency Innovations Initiative (PII) Program

DESCRIPTION: Permanency Innovations Initiative is a multi-site federal demonstration project designed to reduce the length of stay in DCFS care by improving permanency outcomes for foster children with the most serious barriers to permanency.

PURPOSE/MISSION: To provide Trauma Affect Regulation—Guide for Education and Therapy (TARGET) to clients served in hopes of teaching stress triggers in order to regulate feelings and emotions. TARGET is an evidenced-based practice that addresses trauma symptomology and stress responses.

ADMISSION CRITERIA: Client must : 1) be a child 11—16 years of age; 2) in traditional, relative, and/or specialized foster care; 3) reaching their 2 year anniversary of entering care; 4) experiencing mental health symptoms or 2+ placement changes.

SERVICES OFFERED: TARGET therapy

Referrals are accepted from DCFS only.

FY 15 Staffing, Clients Served, and Income

FTE STAFF: 0.33

UNDUPLICATED CLIENTS: 1

| | |
|------------|--------------|
| Grant: | \$35,000 |
| Other: | \$0 |
| TOTAL: | \$35,000 |

Family Counseling Center, Inc. was selected by the Children's Medical and Mental Health Resource Network to participate in a Trauma Informed System of Care Learning Collaborative over the next 18 months. Our team consisted of a Senior Leader, Supervisor, 4 clinicians, and 2 brokers. The goal of the collaborative was to treat and serve victims of trauma with a higher quality and care through evidenced based practices.



FAMILY COUNSELING CENTER, INC.
Helping others help themselves...


Sherrie Crabb
Senior Leader


Alisha Foster
Supervisor



At Family Counseling Center, Inc. (FCC), our mission is to improve the quality of life for persons in need of mental health and substance abuse counseling. We also provide child welfare and developmental disability services. Our primary focus is to reduce the severity of mental health symptoms, promote self awareness for those with intellectual disabilities and provide safe, quality housing for our residential clients.


Kerie Moore
Clinician


Shay Swan
Clinician

FCC, Inc. is completely dedicated to improving the quality of mental health services to youth trauma victims. The identified team will work diligently in learning and applying the skills and knowledge gained through the learning collaborative.


Emily Hill
Clinician


Brian Lingle
Broker


Allison Walker
Broker


Melissa
McCutchen
Clinician



Crisis Intervention Service Program – Adult & Youth (MICI)

DESCRIPTION: Crisis services are provided to anyone who accesses the agency's crisis line. Services are provided 24 hours per day, 365 days per year. For adult consumers, the primary service area is Pope, Johnson and Hardin counties. For youth consumers, services are provided to the southern 7 counties of Pope, Johnson, Hardin, Massac, Union, Pulaski and Alexander.

PURPOSE/MISSION: To provide short term, brief therapy to stabilize situations the consumer views as being a crisis. The services are provided either by telephone intervention or, as necessary, through face-to-face evaluation.

ADMISSION CRITERIA: Experiencing a mental health crisis.

SERVICES OFFERED: 1) assessment; 2) brief therapy; 3) hospital pre-screening; 4) referral for needed services; 5) case management; 6) stabilization of current situation.

FY 13 Staffing, Clients Served, and Income

FTE STAFF: 0

UNDUPLICATED CLIENTS: 92

| | |
|---------------|-----------------|
| Medicaid: | \$42,660 |
| Non-Medicaid: | \$11,096 |
| Grant: | \$12,011 |
| TOTAL: | \$65,767 |



Marsha Hayes, Family Resources Developer program manager/case manager, for Family Counseling Center, Inc. in Vienna, received the Family Driven Care Award from the State of Illinois, Division of Mental Health – Child and Adolescent Services. Judy Hutchinson, Family Consumer Specialist, from the Division presented the award to Hayes Tuesday afternoon, September 16, 2015.

Alcohol and Substance Abuse (ASA) Program

DESCRIPTION: Services are provided to individuals who are experiencing problems with alcohol and/or drugs or affected by a significant other's alcohol or drug use. These individuals may benefit by a combination of education, individual, group or family therapy.

PURPOSE/MISSION: To facilitate lifestyle changes which are alternatives to abusive alcohol or drug use. To facilitate improvement in the individual's ability to function in his/her current environment when significant other is continuing to use alcohol or drugs abusively.

ADMISSION CRITERIA: Client must: 1) not be intoxicated or incapacitated due to affects of drugs; 2) be capable of attaining abstinence; 3) be capable of self care; 4) be experiencing impairment in some life area due to their substance use or significant other's substance use; 5) not require immediate acute medical or psychiatric care; 6) be able to respond to verbal therapy; 7) need continued care following discharge from residential setting.

SERVICES OFFERED: 1) assessment; 2) crisis intervention; 3) case management; 4) individual and group counseling; 5) education; 6) psychiatric evaluation; 7) psychological testing; 8) linkage to AA, NA and ALANON; 9) vocational counseling; 10) aftercare.

Services are offered in Johnson, Pope and Hardin county outpatient offices.

FY 15 Staffing, Clients Served, and Income

FTE STAFF: 2.05

UNDUPLICATED CLIENTS: 111

| | |
|------------------|-----------------|
| DASA Medicaid: | \$0 |
| Grant: | \$67,413 |
| Fee for Service: | \$3,982 |
| Other: | \$815 |
| TOTAL: | \$72,210 |



Hardin County Drug Court Team - drug court is a multi-disciplinary team that provides intensive services and treatment to individuals with drug related offenses, in lieu of traditional justice system case proceedings.

Developmental Services Division

**Community Integrated Living Arrangement DD
(CILA) Program / 24 Hour or Intermittent CILA
Programs—Individual and Family**

Developmental Training (DT) Program

Home-Based Services (HBS) Program

**Support and Advocacy for Independent Living
(SAIL) Program**



In June 2015, the Developmental Services Division hosted an art show for all consumers which were very proud to show off their talent.

**Community Integrated Living Arrangement DD (CILA) Program
24 Hour or Intermittent CILA Programs – Individual & Family**

DESCRIPTION: These programs provide flexible living arrangements that focus on the individual’s service needs to consumers 18 years or older, who are developmentally disabled and meet the State of Illinois priority population criteria.

PURPOSE/MISSION: To serve developmentally disabled individuals in a flexible living arrangement that focuses on their needs in their home or community residential setting where eight (8) or fewer individuals live together under supervision of a licensed agency.

ADMISSION CRITERIA: Consumer must: 1) be determined to have a developmental disability 2) meet eligibility requirements; 3) not be a danger to self or others.

SERVICES OFFERED: 1) assessment; 2) referral services – a) day training, b) vocational, c) dental, d) medical, e) counseling, f) substance abuse treatment; 3) skills training; 4) case management; 5) residential; 6) recreation/socialization; 7) transportation; 8) medication training/monitoring; 9) crisis intervention; 10) money management; 11) psychiatric evaluation, consultation, medication evaluation; 12) psychological assessment; and 13) individual/group therapy.

FY 15 Staffing, Clients Served, and Income

FTE STAFF: 30.82

UNDUPLICATED CLIENTS: 37

| | |
|---------------|--------------------|
| Grant: | \$1,170,856 |
| Rent: | \$202,430 |
| Other: | \$17,384 |
| TOTAL: | \$1,390,670 |

*Developmental Services participated in Area
14 Special Olympics in Mt. Vernon - 41
athletes participated from Family Counseling
Center, Inc.*



Developmental Training (DT) Program

DESCRIPTION: This program provides life skills training services, including vocational, to developmentally disabled individuals, age 18 or older, to improve or acquire new skills in order to pursue the most independent lifestyle possible.

PURPOSE/MISSION: To provide day habitation that focuses on the development and enhancement of daily adaptive living skills and economic self-sufficiency. Typical activities are functional, performed at the natural time, properly sequenced, and developmentally and age appropriate.

ADMISSION CRITERIA: Consumer must: 1) be determined to have a developmental disability 2) meet Medicaid waiver eligibility requirements; 3) exhibit behavior that does not constitute a serious threat to self or others.

SERVICES OFFERED: Fine and gross motor development, attention span development, safety, problem solving, grooming, dressing skills, toileting, eating, communications, individual/group therapy, recreation, behavioral skills training, and enhancing skills ability to engage in productive work activities.

FY 15 Staffing, Clients Served, and Income

FTE STAFF: 13.14

UNDUPLICATED CLIENTS: 95

| | |
|----------------------|--------------------|
| DT Medicaid: | \$312,865 |
| 31U/58G/58U/55A: | \$618,707 |
| Training Reimburse.: | \$37,850 |
| Sales of Goods: | \$19,731 |
| Sales of Services: | \$22,508 |
| Other: | \$10,232 |
| TOTAL: | \$1,021,893 |



FAMILY COUNSELING CENTER, INC.
Helping others help themselves...

GREENHOUSE

ANNUALS & PERENNIALS

Wide variety of
HERBS & VEGETABLES

FLOWERING HANGING BASKETS

Butterfly Bushes, Clematis, Geraniums, Bleeding Hearts, Knock-out Roses, and much more!!!

NOW OPEN!

Monday - Friday
8am - 4pm

Pope County Workshop
216 North Market Street
Golconda, IL 62938
Call 618-683-2471 for more information

All proceeds go to help fund Family Counseling Center Inc.'s Developmental Training Services Program.

Now taking Special Orders for Mother's Day!

The Pope County Workshop Greenhouse and Resale Shop had a very successful year in 2015. The consumers took great pride in giving the Resale Shop a make over and selling products for Mother's Day in the Greenhouse.

Home-Based Services (HBS) Program

DESCRIPTION: This program offers support services in order that an individual can remain a part of the community and avoid institutionalization, while remaining an important part of the family.

PURPOSE/MISSION: To provide direct staff support in the home on an intermittent basis to enable children or adults the support needed to remain living at home in the community with their families or on their own at a semi-independent level.

ADMISSION CRITERIA: Client must: be determined to have a developmental disability – either mental retardation or a related condition and have substantial functional deficits in three (3) out of six (6) major life areas.

SERVICES OFFERED: 1) life skills training; 2) behavioral training; 3) crisis intervention; 4) medication review; 5) transportation; 6) community integration/orientation; 7) facilitation; 8) money management.

FY 15 Staffing, Clients Served, and Income

FTE STAFF: 2.43

UNDUPLICATED CLIENTS: 49

| | |
|-------------------|-----------|
| Fees for Service: | \$116,146 |
| Other: | \$471 |
| TOTAL: | \$116,617 |

Support and Advocacy for Independent Living (SAIL) Program

DESCRIPTION: To empower parents, legal guardians or individuals in exercising their education rights. To provide independent living skills directly to youth with disabilities to prepare them for transition into productive adulthood and to provide self-advocacy training.

PURPOSE/MISSION: To support students and parents in the educational system, make them aware of education rights, and teach skills of empowerment/advocacy.

ADMISSION CRITERIA: Parents of special needs children and children between the ages of 3 and 21 with mental or physical disabilities in the lower seven county area of Southern Illinois.

SERVICES OFFERED: Advocacy, education about school rights and disabilities act, support for students and parents, skills training for independent living and information about disabilities and advocacy skills.

FY 15 Staffing, Clients Served, and Income

FTE STAFF: 0.65

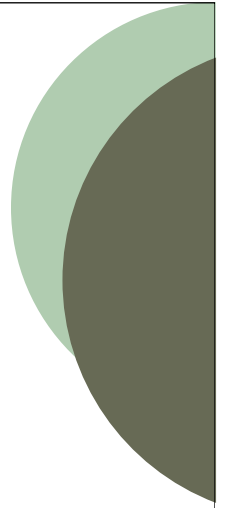
UNDUPLICATED CLIENTS: Included in HBS

| | |
|--------|----------|
| Grant: | \$41,677 |
| Other: | \$790 |
| TOTAL: | \$42,467 |



In May 2015, a SAIL client with autism was a surprise guest at Carrier Mills-Stonefort Elementary. He presented about how he became a "daredevil" and overcame a disability and bullying in hopes of reducing the stigma of children with disabilities in the school system.

Supportive Living Division



Autumn Ridge Supportive Living Facility (ARSLF)



Supportive Living Program

DESCRIPTION: Supportive Living at Autumn Ridge Supportive Living Facility (ARSLF) offers seniors independent living in a comfortable, warm, secure and supportive apartment environment.

PURPOSE/MISSION: To improve the quality of senior living by providing meals, personal care, nursing/medication services, 24/7 assistance with routine daily chores and safe housing.

ADMISSION CRITERIA: Adult aged 65 and over who need assistance with Activities of Daily Living (ADL's) in order to maintain independence.

SERVICES OFFERED: 1) meals; 2) light housekeeping; 3) laundry; 3) medication assistance; 5) personal response notification system; 6) social activities; 7) community field trips; 8) transportation; 9) personal quality care assistance; 10) 24 hour staffing seven days a week.

FY 15 Staffing, Clients Served, and Income

FTE STAFF: 11.11

UNDUPLICATED CLIENTS:

| | |
|-------------------|--------------------|
| Residential Rent: | \$1,208,304 |
| Other: | \$11,571 |
| TOTAL: | \$1,219,875 |



ARSLF Facility Manager, Bryan Throgmorton, took an 11 month leave of absence from the agency to embark on worldwide mission trip. Bryan was truly missed, so much so, staff and board members decided to take a picture with a cardboard version of him.

Illinois State Treasurer, Dan Rutherford, at Autumn Ridge in Vienna, October 2014, for an I-CASH event.

