

---

*FAMILY SERVICE & CHILDREN'S AID*  
*2023 Annual Report*

---



EVERY FAMILY HAS A  
STORY.....

MAINTAINING  
RELATIONSHIPS FROM  
SO FAR AWAY.....



**BUILDING  
STRONG  
FAMILIES.  
BUILDING  
STRONG  
COMMUNITIES**

Family Service & Children's Aid is a Trauma Informed agency that is recognized for its excellence in services and compassion for the individuals and families in the Jackson community



## FAMILY SERVICE & CHILDREN'S AID

Dear Supporters:

2023 was the year of the comeback! After almost 3 years of battling the impact that the pandemic had on the Agency, our programs finally began to stabilize. They not only stabilized but they began to thrive. Family Service and Children's Aid never could have survived if not for our dedicated Board and hardworking staff. In the past year the staffing crisis began to subside, and we were able to fill most of our open positions and retain critical staff. By thinking outside the box, we were able to launch two new programs. Last summer the *Guardian Wraparound Program* started working with at-risk vulnerable adults in the Jackson community. We also were able to expand our on-site mental health in the schools by securing funding for a full-time therapist at Northwest High School and increasing our staffing at Jackson College. Unfortunately, the need surpasses our capacity to meet the needs in the Jackson community. However, we will continue to be resourceful and intentional in filling the gaps in our community. Some of the highlights of 2023 included:

- *Launched the Guardian Wraparound Program to better meet the needs of vulnerable adults.*
- *Completed the first full year of on-site mental health services to Northwest High School.*
- *In partnership with our local Department of Health and Human Services, FSCA provided 30 crucial training(s) on Adverse Childhood Experiences (ACES) to the Jackson community to over 1,125 participants.*
- *FSCA has continued to expand counseling and supportive services to both students and staff at Jackson College.*
- *FSCA's Diversity, Equity, and Inclusion Committee hosted training(s) for staff and provided program consultations to target specific needs in each FSCA program.*
- *Hosted a successful 21st Annual Run for Fun on April 29, 2023, with over 170 runners to make it a record for more runners than we have ever had!*
- *Held our 1<sup>st</sup> Comedy Night and Lunch Box Fundraisers.*
- *Hosted a successful 6<sup>th</sup> Annual Cash Bash on February 25, 2023.*
- *Received a financial audit with no findings for 7 years consecutively.*
- *Secured grants and support from Michigan Health Endowment Fund, Lifeways, Mid-State Health Network, Children's Trust Fund, the Department of Health and Human Services, Jackson Community Foundation, Flagstar, Great Start Collaborative, Eaton Foundation, Higby/Camp Foundation, Lavery Foundation, Whole Child Collaborative, United Way of Jackson County, John George Student Loan Trust, Jackson Medical Care Facility, Countryside Medical.*

It is with deepest gratitude that I would like to thank the community for supporting our Agency in 2023. We couldn't have done any of it without you! It is both humbling and fulfilling to serve the Jackson community and experience all of the outpouring of support for our mission.

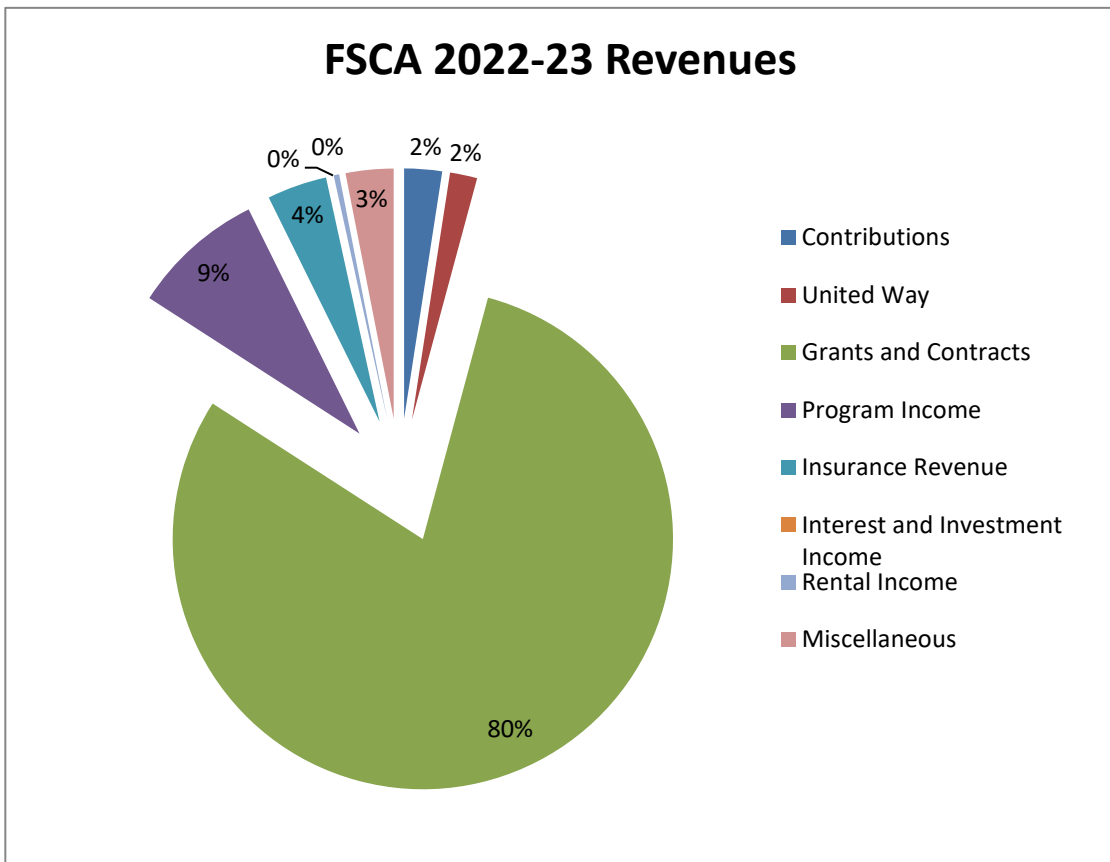
Thank you,

**Dr. Bob Powell**

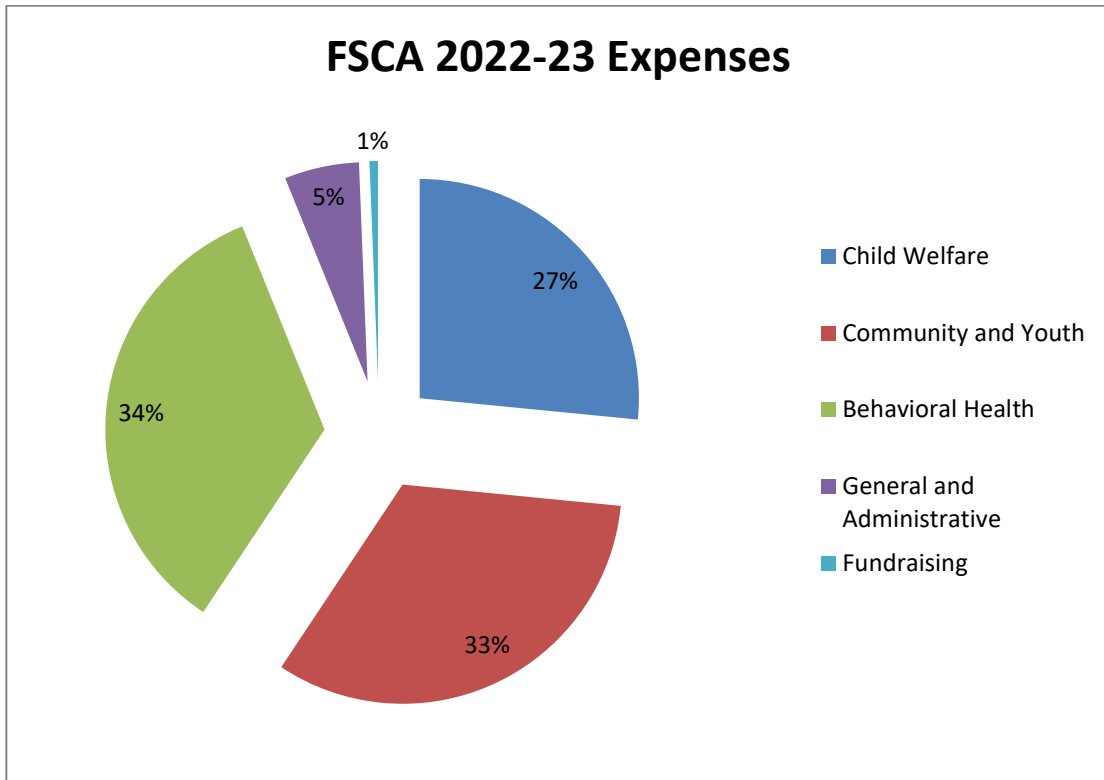
Chief Executive Officer

# Financial Summary

<b>Revenues</b>	<b><u>TOTAL AMOUNT</u></b>	<b><u>% OF TOTAL</u></b>
Contributions	\$ 95,743	2.44%
United Way	\$69,035	1.76%
Grants and Contracts	\$3,136,610	79.92%
Program Income	\$336,500	8.57%
Insurance Revenue	\$151,888	3.87%
Interest and Investment Income	\$ -	0.00%
Rental Income	\$13,800	0.35%
Miscellaneous	\$121,199	3.09%
<b>TOTAL</b>	<b>\$3,924,775</b>	<b>100%</b>



<b>Expenses</b>	<b><u>TOTAL AMOUNT</u></b>	<b><u>%_OF TOTAL</u></b>
Child Welfare	\$966,841	26.55%
Community and Youth	\$1,193,581	32.78%
Behavioral Health	\$1,257,537	34.54%
General and Administrative	\$200,408	5.50%
Fundraising	<u>\$22,690</u>	<u>0.62%</u>
<b>TOTAL</b>	<b>\$3,641,057</b>	<b>100%</b>



## 2023 Programs and Services

### BEHAVIORAL HEALTH

---

Behavioral Health (Mental Health, Substance Use, Trauma, ERN)

FSCA's Behavioral Health program is a nationally accredited comprehensive program designed to improve emotional health by alleviating personal and interpersonal problems that create distress or impair functioning in the family and with individuals. It specializes in employee support & resources, school-based services, trauma, mental health disorders, and substance use treatment for children & youth, adults, couples, and families. The substance use treatment services also provide two specialty services, Enhanced Women's, and Women's Specialty, providing intensive, gender specific treatment to help mother's and father's who are the primary caregiver be successful in their recovery.

**Number of Clients Served:** 620

#### **Outcomes and Highlights:**

- 100% of the 620 mental health and substance abuse clients served received at least one community referral to a needed resource.
- 100% of clients with planned discharges demonstrated significant improvement in PHQ scores at discharge, demonstrating a reduction in reported depressive symptoms.
- 100% of adult and children clients at FSCA complete the ACES or CTAC trauma screener and were provided with education regarding the impacts of trauma.
- 85% of the clients receiving substance use treatment successfully completed treatment.
- 100% of women in our SUD program who gave birth were considered "drug free births".
- Behavioral Health Department successfully passed all audits by our various funders during this year.
- Developed and created a Dad's Support group in partnership with our Parent Education Program.
- Successfully facilitated a Women's Only IOP program and a co-ed evening IOP program for our clients requiring intensive SUD services, despite other providers in town closing services.
- Successfully met all E3 State grant requirements serving over 50 youth at Northwest High School.
- Received another year of Contingency Management Funding to support those clients with engagement in treatment that are considered extremely high risk. This program has helped to support over 190 adults in our SUD program with improving their attendance and participation in treatment.

### SCHOOL-BASED MENTAL HEALTH

---

School-based Mental Health

**Brief Description of Program:** FSCA's school-based mental health program is designed to improve emotional health by assisting students with developing age-appropriate coping skills, improving overall self-esteem, addressing mental health symptoms that are impairing their daily functioning, and supporting the youth in healing from previous experienced trauma. The program helps reduce barriers youth and their families experience when attempting to obtain services outside the school hours such as lack of providers with nighttime hours and transportation. The school-based program provides individual and group sessions during the school day, along with ongoing support for the families. Our school-based mental health program is supported by 3<sup>rd</sup> party insurance billing and funding provided by the local community mental health for trauma services in the schools. Northwest High School is supported by the E3 DHHS grant that supports providing mental health services in local schools.

**Number of Clients Served:** 230

## Outcomes and Highlights:

- 100% of youth with planned discharges demonstrated significant improvement in PHQ-A scores at discharge, demonstrating a reduction in reported depressive symptoms.
- 100% of youth served were screened for trauma symptoms utilizing the CTAC trauma screener and were provided with education regarding the impacts of trauma and toxic stress.
- Successfully met all E3 State grant requirements serving over 50 youth at Northwest High School.
- Supported Northwest High School in hosting mental health awareness event during student orientation.
- Provided over 300 sessions for youth in school-based services who would not have been able to access mental health services without our program.

## BREAKOUT PROGRAM

---

### Breakout Drug Education

The Breakout Program provides school-based drug prevention education for middle and high school students during the school day. The program consists of three units (each unit based on grade level – unit 1 [6th-7th grades], unit 2 [8th grade] and unit 3 [9th-10th grades]) and includes eight hours of classroom instruction.

Classroom topics include the short- and long-term effects of alcohol, tobacco, marijuana, prescription medication, meth, and heroin use. In addition to health, topics include decision-making (five step model), negative peer pressure vs. positive peer culture, peer refusal techniques, avoiding high risk situations, the economics of drug use, social impact of addiction, effective communication, and goal setting (SMART model). Each of the presentations utilizes multi-media presentations, games, role play, small and large group work, and visual aids to achieve its desired outcomes.

Breakout is modeled after the Michigan Model for Comprehensive Health Education which is nationally recognized as an evidence-based curriculum and is also aligned with the National Core Standards for Health Education.

**Number of Students Served:** Breakout instructors provided 893 classroom presentations for 2,189 students.

### Outcomes and Highlights:

This was a challenging year in terms of disruptions in the schedule (IE: snow days, ½ days, etc). It began with an 8-day cyber-attack that suspended Breakout classes due to the schools not having any internet. That was followed by 4 separate snow days and a late season ice storm that closed the schools for a week due to power outages. In all, Breakout staff had to reschedule 13 days (64 classes). This contributed to the flip in direct service hours between the staff. Despite the scheduling challenges, the survey data improved from pre to post in all three grade levels. In addition, the pre and post survey totals were only 3% apart which is back to pre-pandemic totals.

## CHILD WELFARE (FOSTER CARE AND ADOPTION)

---

### Child Welfare (Foster Care and Adoption)

We provide foster care case managers to children in the foster care system, Adoption specialists complete adoptions for children in the foster care system, and Licensing workers license foster homes.

**Number of Children Served:** Foster Care 37  
Adoption 27  
Licensed 3 foster homes.

### Outcomes and Highlights:

This year we did very well meeting our goals of safety, permanency, and wellbeing. In 2023 we placed 37 children in safe homes. There were no substantiated cases of maltreatment of any of the children in our care. We had 2 children

successfully reunited with birth parents. Of the children who we were unable to reunify with birth parents, all have an identified adoptive home or adoptions were completed for those children. The children in our foster care program received timely medical, dental care, and mental health care except when the service was unavailable in our community. Our foster care program has consistently been full at worker capacity all year long. In our licensing department we certified 3 homes in 2023 for Foster Care children. We finalized 13 adoptions in 2023, none of which were disrupted. Our foster care caseload has been reduced for a lack of children coming into care. We currently have one licensing worker, one licensing supervisor, one licensing/adoption specialist, one adoption worker, two foster care workers, and one foster care supervisor.

## JACKSON COUNTY GUARDIAN SERVICES

---

FSCA's Jackson County Guardian Program

Jackson County Guardian Services - Services for adults who are unable to protect their own interests and are, therefore, vulnerable to exploitation, neglect, or injury.

**Number of Clients Served:** January 2023 Total 232  
Discharged - 18  
Gained - 6  
December 2023 Total 214

### Outcomes and Highlights:

The guardianship process is still in the midst of being restructured. The program received a grant to assist in the restructure creating a new position called Guardian Community Coordinator. We have been working with interested parties to get the guardian process more efficient. The office has been fully staffed for the past six months. One of the staff has completed all of her hours required for Guardian Certification and is working toward taking the exam to be certified. The two current Guardians have been re-certified for the next 2 years. The office has been re-organized for efficiency. Staff have worked hard on the closing of cases. There are just a few left that are in the last process, which consists of the attorney creating a small estate.

## JUMP

---

The JUMP Program

The JUMP Program is a multi-faceted program serving school-aged adolescents between kindergarten-12<sup>th</sup> grade and their parent/guardian. Clients enter the program through multiple sources; 1. First time offending youth with minor offenses (such as shop lifting, possession of a controlled substance, truancy, assault, etc.) are referred to the program by Jackson County Circuit Court, Family division for diversion services, 2. Youth facing school suspension for controlled substance use or school attendance concerns and/or behavioral concerns are referred to the program by Jackson area schools, 3. Jackson County juvenile probation can also make referrals for students struggling with substance use or other behavioral concerns.

**Number of Youth Served:** JUMP served 127 students on an individual, in-office setting with an additional 160 students in group settings throughout Jackson County school districts.

### Outcomes and Highlights:

Throughout this past year, JUMP has been able to provide on-site services in multiple school districts. JUMP currently has groups in the Northwest High School, Northwest Middle School, Northwest Connect (alternative education), Springport

Middle School, Michigan Center Middle School and High School, Hunt Elementary, Jackson High School, and other outside agencies such as My Place. JUMP staff facilitated life-skills groups on topics consisting of substance use prevention, truancy prevention and peer support through evidence-based models and curriculum. With the increase of staff and more schools opting for groups, JUMP is looking into multiple schools to run groups in during the upcoming spring.

## PARENTING EDUCATION

---

### Parent Education

The Parent Education department consists of two programs designed to provide support and assist parents/caregivers in gaining new skills/techniques and information to positively impact children in their care and create stronger family bonds. The two programs consist of the weekly group parenting classes, offered twice a week on a rotating schedule so parents may join at any time following an Information Gathering session, and the In-Home Parent Education program which provides parents with individual sessions to target the specific needs of each family who participates. Both programs use the *Nurturing Parenting* model which focuses on family strengths and resilience. We also offer workshops which can be tailored to provide information for specific audiences, and a Father Support Group offered twice a month to any father in the community looking for parenting information and peer support.

**Number of Parents Served:** During 2023 the Parent Education department provided services to 250 parents/caregivers.

### Outcomes and Highlights:

Participants in the programs achieved 100% increase in their parenting knowledge and increased knowledge in available community services/resources. In January of 2023 we began providing parenting workshops at the Interfaith Shelter twice a month for the parents who are currently residing at the shelter. We also provided several workshops for parents at the Columbia Central Schools. Our Father Support group continued throughout the year providing fathers in the community with parenting information and a space to gather and find support among peers.

## TRAUMA SUPPORT NETWORK

---

Family Service and Children's Aid (FSCA) continues to lead the Trauma Support Network in supporting efforts to create a more resilient Jackson. Dr. Bob Powell, CEO, and Zoe Lyons, Director of Jackson Counties Department of Health and Human Services, continued their Adverse Childhood Experiences (ACES) trainings to the community. Although a few ACES Trainings were offered in person, the vast majority of them have remained virtual. Since beginning the ACES Initiative, over 10,420 individuals have participated in 271 trainings.

**Number of Training Participants:** This year 1,126 individuals attended 30 ACES trainings.

### Outcomes and Highlights:

- Some of the ACES trainings included nine trainings for the Jackson community, Shiawassee County Health Department and ISD, Shiawassee County Community, Jackson County Youth Center, Leadership Jackson, Jackson County Intermediate School District, Big Brothers Big Sisters, Community Action Agency, DHHS-Health Liaison Officers, Child Advocacy Centers of Michigan, and Napoleon Schools.
- Because of the continued demand for ACES Trainings a Train the Trainer event was conducted.
- Henry Ford Allegiance Health contracted to provide ACES to all of their new employees.
- The Black Life Experiences Project is near completion and will be launched in the spring of 2024. This effort has developed **tools** for different sectors of our community (i.e. police, schools, health care, DHHS, government, human services, etc.) with real life experiences of racism. The trainings will assist participants in increasing awareness levels of racism for individuals and organizations and assist in developing action steps to address systemic racism.



# Thank You

FOR ALL YOUR SUPPORT



*Thank you to our  
generous sponsors!*

## Current FSCA Board of Directors

### President

**Aaron Rydjord**

### First Vice President

**Donita Baker**

### Second Vice President

**Katie Osman**

### Treasurer

**Shari Walicki**

### Secretary

**Kelsey Guernsey**

### Member at Large

**Becky Billingsley**

### Directors

Dr. J. Frederick Bland

Ernestine Harrington

Kellie Horner

Dr. Candy McCorkle

Emily Neely

Sean Palmer

Chad Perrine

Russell Reynolds

Kylie Rydjord

Harold "Jock" White

Ave Veneklasen





## 2023 FSCA EMPLOYEES

### 20 years of service or more:

Teresa Proctor

### 10 to 14 years of service

Stacy Chamberlain

Jennifer Grant

Stasia Milligan

Angela Williams

Debra Pugh

### 5 to 9 years of service

Kim Brown

Kayla Chenevare

Angela Crittenden

Miranda Crittenden

Shannon Douglas

Corey Duncan

### 15 to 19 years of service:

Shelly Milligan

Robert Powell

Nicole Marchese

G. Doug Rickman

Gerrie Roeser

Sarah Sabin

Jamie Schleede

Jennifer Samon

Scott Teske

Emily Vogel

### 0 to 4 years of service:

Marilyn Acton-Dowell

Kyaria Arrington

Katie Backus

Robert Best

Meredith Bosowski

Alexandra Brankovich-

Esham

Courtney Brown

Meagan Burns

Courtney Clark

Cindy Cram

Megan Galvin

Jamie Golas

Miasha Gordon

Robert Greenlaw-Moore

Lucas Herrera

Sayde Hinckley

Jannah Holder

Makenzie Jones

Syndey Kay

Rachel Kosnik

Carly Lippert

Angel Lucia

Kalynn Marshall

Crystal McFall

Amanda McVey

Melissa Myers

Renee Nelson

Kelli Papiersky

Mandi Pinson

Stefanie Pinson

Cheryl Price

Mikayla Reincke

Joana Rigo

Jessica Saldana

Rebecca Smith

Liz Storey

Jessi Taylor

Tania Trevino

Sydney Vernier-Fink

Eva Wald

Kayla Ward

Kristin Wesolowski

Leann Wicht

Bethsemame Williams