



## Reflections on our past and a vision for the future

Thanksgiving is a time to count our blessings. Since 1925, Family & Children's Services has worked to provide programs and services to inspire hope and well-being for people of all ages. This year we are especially thankful to have received the gift of a mural designed and painted by a former client that is a beautiful representation of our vision for everyone to feel welcome to come as they are and leave as they want to be. Here's how the mural's designer described their work:

The mural is based on the image of a tree with the bark made up of different brightly colored brush strokes to represent all the positive thoughts and things to look forward to in this world. The leaves of green in the color of the FCS logo and images of the FCS person represent growth. The green of the tree is soothing and full of possibilities, where someone's past doesn't have to define them but lets them take what they have learned in hard trials and move forward.

Around the tree are playful images of paper airplanes leaving dotted trails as they fly in different directions to represent everyone's path in life. Although not all paths are the same, they are all to be celebrated. They are reminiscent of the vision of Family & Children's Services.

The root system represents the welcome people receive at FCS when they come as they are and are wrapped in love. People are welcome to bring their different life experiences and perspectives and allow themselves to grow and become a vital part of the community as they leave as they want to be.

FCS is incredibly grateful to the Leadership Midland Class of 2018 (aka Pens & Jackets) for their financial support of the project to repaint the outside of our building and to the artists who donated their time and talent to execute the beautiful new mural in our courtyard. It is a wonderful reminder of how lucky we are to be part of a community that cares so much about the important work we do to help the 1,000 people who reach out to us each year meet the challenges they face and move forward as they want to be. Thank you for your support!

**Mission:** We inspire hope and well-being for people of all ages by providing counseling, education, and support.

**Vision:** For everyone to feel welcome to come as they are and leave as they want to be.

# A NOTE FROM DENISE, CEO



We are grateful for the commitment our community has shown to FCS since 1925. Your generosity sets our community apart by making affordable counseling, education, and support services available to children, teens, and adults navigating everyday challenges, facing major life changes, and seeking addiction recovery.

We are proud to have spent over 90 years breaking down barriers to obtaining mental health services. One of the last barriers to overcome is that of stigma. In a national survey conducted by American Addiction Centers, 56 percent of people said they would be uncomfortable talking to friends and family about their mental health, and 95 percent said they would rather call in sick with a made-up excuse than talk to their employer about mental health.

One of the biggest factors contributing to the stigma surrounding mental health is misunderstanding about the effectiveness of treatment. Your support has shown us that our community knows the value of making mental health treatment accessible and we have made great strides in calling attention to the importance of viewing mental health care simply as healthcare.

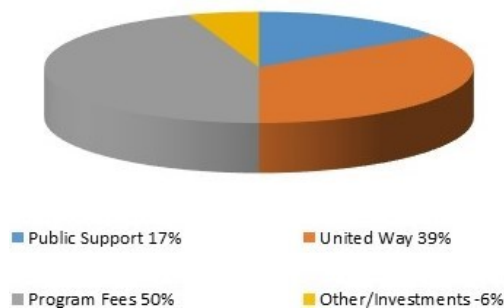
At FCS, we are seeing an increased need for accessible mental health care. Just as people reach out to us, we reach out to you. I encourage your continued support through a gift that will help us reach back in what tends to be people's greatest time of need. By giving to our Agency, you are giving directly to help more of your friends, neighbors, and community members.

Together, we will continue to inspire hope and well-being for people of all ages.

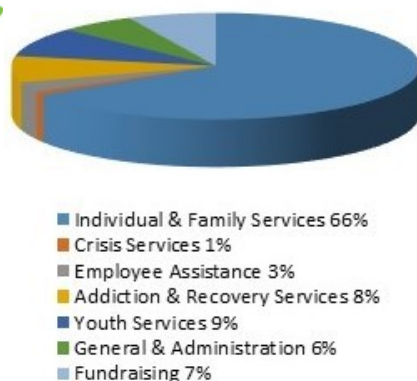
Denise M. Berry  
Chief Executive Officer

## COUNTING OUR BLESSINGS

### SOURCE OF REVENUE—2018



### EXPENSE BY PROGRAM —2018



### IN MEMORY OF CARIE LAFOND

This year brought sadness to the FCS family. We grieved not just the passing of longtime board member and volunteer Carie LaFond, but also the loss her family suffered.

As needs in our community increased over the years, Carie was always the first to step forward to do more to help us meet those needs. She devoted countless hours serving as a Board Member and as Board Chair and on the planning committee for the Great Lakes Bay Mom Prom. We are very grateful for all she did to support our mission and feel privileged to honor Carie's legacy by working to improve lives thanks to donations received in her memory.

We will be using a portion of the funds donated as a tribute to Carie, who was a college basketball player, to install a new basketball hoop in our courtyard this spring. It will be a lasting reminder of Carie and her commitment to our vision for everyone to feel welcome to come as they are and leave as they want to be and fittingly placed across from the new mural that is an artistic representation of that vision.



## WE SERVE PEOPLE OF ALL AGES

- 33% of our clients are under age 18
- Over 20% of the adults we serve are age 65 or older

## WE MAKE QUALITY TREATMENT AND SUPPORT SERVICES ACCESSIBLE TO THOSE MOST IN NEED

- More than half of our clients are low to moderate income
- Our Crisis Services Program makes free services available on a walk-in or phone-in basis to those who may feel they have no where else to turn

## WE MAKE A DIFFERENCE

- 96% of FCS clients feel that our services have helped to improve their lives
- We served 123 clients in crisis during 2018

## HOW CAN YOU HELP? CONSIDER A GIFT TO FAMILY AND CHILDREN'S SERVICES THIS YEAR

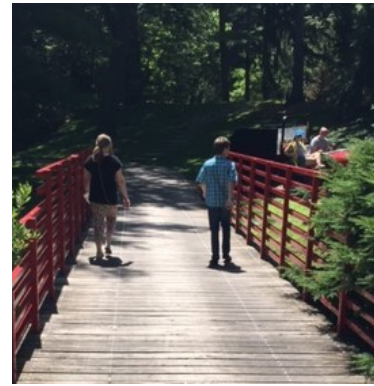
**\$5,000** provides the food, activities, and programming for Camp Iknowme a program for at risk youth.

**\$2,500** provides access for 10 teens from our Compass LGBTQ+ support group to take part in a 6 week art therapy program

**\$1,000** provides 6 hours of counseling for someone struggling with substance abuse

**\$500** provides 3 weeks of co-parenting education and counseling to help families going through divorce

**\$100** provides one crisis counseling session



# VISION SPOTLIGHT - PROMOTING ACCEPTANCE AND INCLUSION

Since 1925, we have provided programs that benefit not only the participants, but improve quality of life for our entire community. Our work to promote inclusion is a great example of how FCS meets the needs of our community and empowers individuals by providing counseling, education, and support.

Many people join our Compass LGBTQI+ groups with an experience of disparities typical of LGBTQI+ individuals when it comes to the most basic elements of life, such as receiving an education, finding a job, having a place to live, visiting public places, accessing medical care, and enjoying the support of family and community. These experiences can have a negative impact on mental health, leading to significant levels of psychological distress, self-harm, and suicidality.

When Compass participants were asked if they had been targeted or harassed due to their sexual orientation, 61% reported that they had. Of teen participants, 86% do not feel supported in their school, and over a third of adults do not feel supported in their workplace. An especially concerning response is that nearly half of participants in these groups do not feel safe in our community. This paints a troubling picture of the impact of stigma and discrimination in our own backyard and highlights the need for programs that promote understanding.

This year we partnered with many organizations to help further the cause of acceptance and educate people about how to create a positive, respectful environment in their school,

workplace, and community. We were proud to be a part of the Dow Great Lakes Bay Invitational and the Brave New Voices concert and to present on inclusion and support for LGBTQI+ students at the 44<sup>th</sup> annual Michigan Alternative Education Organization Conference. FCS also took part in employee training sessions at Dow and Corteva focusing on support for diversity and inclusion in the workplace.

We are encouraged by the feedback we receive. A participant in an educational presentation commented, "(FCS) normalizes needing support. They reach out to the most ostracized individuals. They hold so much potential for healing and growth in our community." Another said, "(We) can be divided because of personal experiences and identity issues. Programs offered by Family & Children's Services can help to mend these issues".

In January, thanks to a grant from the St. John's Episcopal Endowment Fund, we will provide a special session of art therapy activities to help clients raise their self-awareness, comfortably express their own uniqueness, learn to cope more effectively with stress, and improve self-esteem and emotional well-being as they create and reflect on art projects.

After the session, we will invite community members to view the art created and learn the stories behind them. This project will promote understanding and provide insights into the perspective of those who may feel like outsiders in their own community and offer the opportunity for a meaningful conversation about diversity, acceptance, and inclusion.



# Current Needs

Gas Cards

VISA Gift Cards

Dial-A-Ride Passes

Grocery Gift Cards

Salon Gift Cards



Donations help clients who have difficulty making appointments by assisting them with transportation needs such as car repairs, gas cards or Dial-A-Ride tickets. When possible, we also offer assistance with food and personal care needs.

Great Lakes Bay

**MOM**  
PROM

## A ROARING 20's PARTY

SATURDAY, FEBRUARY 22  
7:00 PM to 11:00 PM  
GREAT HALL, VALLEY PLAZA



**It's a prom to help moms!**

Break out those old prom or bridesmaid dresses or put on your best flapper look and get ready to dance the night away at the biggest ladies night out of the year!

Mom Prom is a ladies night out (21 and over) to help moms and families but you don't need to be a mom to attend!! All funds raised support the mission of Family & Children's Services including youth services and our pregnancy and post-pregnancy programs.

- > Appetizer Buffet
- > Dance Floor
- > DJ
- > Silent Auction
- > Dessert Table

- > Cash Bar
- > Green Screen Photo Booth
- > Prom Queen Prize Package

f GreatLakesBayMomProm  
989.631.5390  
fcs-midland.org



Proud to be part of the national Mom Prom movement!

family &  
children's  
services