



A New Leader and Continuing Commitment to Our Mission

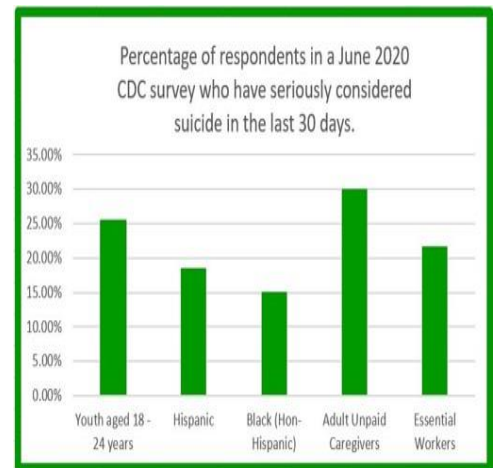
We welcomed Joe Blewett as our new CEO in March. Joe brings eight years of experience leading initiatives focused on the well-being of others and a passion for community collaboration that will help us further our mission to inspire hope and well-being for people of all ages by providing counseling, education, and support.

Under Joe's leadership we continue to work to remove barriers to accessing mental health services during these very stressful times. Public health experts are predicting a tsunami of coming mental health needs due to the COVID-19 pandemic. In a survey conducted by the CDC, nearly half of American adults reported that their mental health had been negatively affected by the COVID-19 pandemic and 11% had seriously considered suicide in the last 30 days.

According to SAMHSA (Substance Abuse and Mental Health Services Administration), the rate of adults experiencing mental illness is highest among those with family income below the Federal Poverty Level and adults living in poverty are more likely to have serious thoughts of suicide. We are unique in that we turn no one away regardless of age, presenting concern or ability to pay. The majority of our clients are of low to moderate income and over one-third report incomes of under \$20,000 a year.

Affordable mental health care is critical to improving quality of life for our entire community. In fact, 1 in 4 adults will suffer from a mental health disorder at some point in their lives and left untreated, consequences can be life changing. Early intervention for mental health problems can prevent or lessen behaviors and experiences that can have long-term negative consequences not only on the individuals themselves, but also impact the entire community including unemployment, homelessness, school drop-out or failure, involvement in the criminal justice system, substance abuse, self-harm, and even suicide.

- Depression is the leading cause of disability worldwide and 10.2 million adults have co-occurring mental health and addiction disorders.
- According to the National Alliance on Mental Illness, 26% of homeless adults staying in shelters live with a serious mental illness and 24% of state prisoners have a "recent history of a mental health condition".
- Over 60% of substance users and 50 to 75% of youth in the juvenile justice system have mental health disorders.
- Postpartum depression affects over 20% of women, but low-income women and teens experience this disorder at rates of up to 60%. Studies indicate that only 15% of women experiencing postpartum depression receive professional help.
- A study from the Williams Institute shows that 1 in 5 members of the LGBTQ community lives in poverty. They additionally experience many challenges that can negatively influence mental health and have a corresponding increase in substance abuse, school drop-out, depression, anxiety, and suicide.



More than half of Michigan is designated as a mental health professional shortage area and only 41 percent of people with mental health problems received treatment last year. Your support of Family & Children's Services sets our community apart by ensuring that we can provide uninterrupted mental health services to those who turn to us for help.

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 message from Joe



The last couple of years have been a time of change for all. Family & Children’s Services (FCS) is transitioning to new leadership, the community is moving forward after the devastating flood and everyone grapples with the on-going developments of the pandemic. Yet, FCS has remained consistent in providing quality, affordable and accessible mental health care. Since 1925 FCS has eagerly and steadily provided education, support and counseling. With an appreciation for FCS’ history we also look forward to the future of serving the community.

Through these recent crises it has been more evident than ever the need, desire and benefit for quality mental health support. Thankfully, through the generosity of a caring community, considerate donors and volunteers and unwavering community partners FCS has been able to support hundreds of clients a year with a ripple effect impacting thousands in the community and region.

We know the benefits of mental health counseling, education and support. Which is why FCS tirelessly advocates for these critical services. These efforts include removing the stigma related to mental health, removing barriers such as access and cost and combating the major issue of transportation for health care services in the region. Along with services available at FCS, we are proud to be able to meet our clients where they are. Thanks to partnerships with area schools our therapists visit with students at the school. A partnership with Senior Services enables our therapists to serve the population at Senior Services. The innovation and flexibility of telehealth that was advanced during the pandemic also removes barriers. It is donations like yours that we expand the reach of Family & Children’s Services, and for that, we are beyond grateful.

Joe Blewett

Joe Blewett
Chief Executive Officer

Counting our blessings

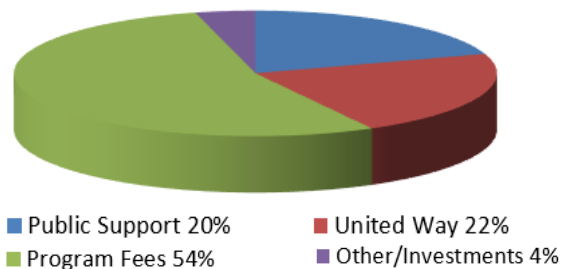
Out of the Darkness, a Client’s Story

Mary was recovering from an injury when her husband was hospitalized with Covid-19. She says, “I remember the physical pain, how I needed help with the simplest things, and the crushing anxiety over Covid. To top it off, my cat was sick. I was thinking that I would just have the cat put down because I couldn’t deal with a sick cat right then. I felt like I was being smothered by a blanket of darkness.”

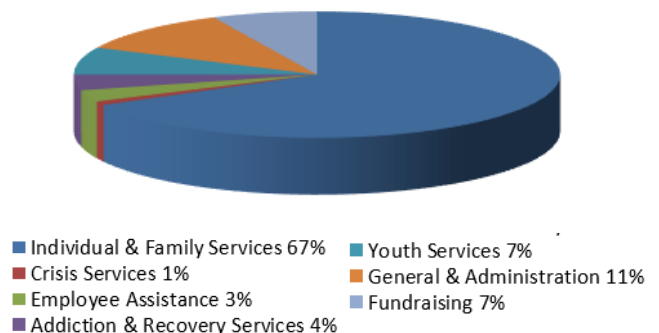
Mary didn’t call for therapy at that time. She says she thought to herself, “Well, yeah, what I’m going through is tough, but not nearly as tough as what that person is dealing with.”

Then came the flood and the call to evacuate. “When the dam broke, everything broke inside me. I called Family & Children’s Services. At the moment I felt most alone, I wasn’t. Counseling helped to relieve my anxiety and give me back the sense of peace and balance that I had lost. If you feel you’re in a black hole, don’t give up – there’s a way out.”

2020 SOURCES OF REVENUE



2020 EXPENSES BY PROGRAM



By the numbers

WE MAKE QUALITY MENTAL HEALTH SERVICES ACESIBLE TO THOSE MOST IN NEED

- We offer free, same-day Crisis Services to those who may have no where else to turn.
- 100% of people who contact us in crisis are connected with a therapist or Access Specialist within 24 hours
- 100% of clients at risk for self harm have a safety plan
- More than half of our clients are low to moderate income

WE MAKE A DIFFERENCE

- 94% of FCS clients say our services have improved their lives
- 99% of those who reach out to us for support receive help within 48 hours
- 96% of clients say their therapist helps set goals specific to their needs and concerns.
- 95% of counseling clients meet their therapeutic goals.

WE SERVE PEOPLE OF ALL AGES

- One in five of the adults we serve are age 65 or older
- 40% of our clients are under age 18
- We participated in 721 appointments in Midland County schools during the last school year

Give the gift of support this holiday season



Current Needs

Gas Cards



VISA Gift Cards

Dial-A-Ride Passes



Grocery Store Gift Cards



Salon Gift Cards



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

Great Lakes Bay

MOM
PROM

The biggest ladies night out of the year!

BACK
TO
THE **FUTURE**

Saturday, February 26 | 7:00pm
Great Hall, Valley Plaza

It's a prom to help moms!

Mom Prom is a ladies night out (21 and up) to celebrate and help moms and families by supporting Family & Children's Services but you don't need to be a mom to attend!!

Learn more at fcs-midland.org or
facebook.com/greatlakesbaymomprom