Family & Children's Services, Inc.
Annual Report Fiscal Year Ending June 2011

2712 South Calhoun Street, Fort Wayne, Indiana 46807 * Phone 260.744.4326 * www.familychildren.org

A Message from the Board President

For more than five years, I have had the privilege of serving on the Board of Directors for Family & Children's Services, and I often get the question "What does FCS do?" Put simply, FCS is a not-for-profit counseling agency that transforms lives by connecting skilled therapists with families and children who face overwhelming daily obstacles and have nowhere else to turn.

FCS helps children who have suffered physical and emotional abuse to understand that they are valued and loved. FCS helps families—who have no other means of seeking help—to address grief and loss and strengthen their family as a result. And FCS helps the community by working to break the cycle of addiction and abuse that can lead to emergency room visits, foster care and more.

Ultimately, FCS fills a critical need in Allen County—a need that is growing. FCS has seen its family counseling hours increase by 11% just this past year. FCS's dedicated staff and therapists cannot continue to perform this important work without our help. I'm proud to say that I have supported FCS both financially and personally for more than 5 years, and I urge you to join me in that support.

Sincerely,

David Storey
President, Board of Directors

2010/2011 Board of Directors

David Storey - President, Parkview Health System, Inc.
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Abuse and trauma can often beat a person down so low that they turn to drugs and alcohol to self-medicate. The dilemma then becomes two-fold, in that the person must heal from the past abuse and trauma as well as recover from their addiction. Family & Children's Services' Women In Recovery program is designed to work through both sets of issues for Fort Wayne area women.

One of our recent clients, in her early 30s, was struggling with these issues in addition to having her young daughter taken from her because of her addiction. The terms of her probation required her to participate in Women In Recovery through group and individual counseling sessions. To facilitate her recovery, this young woman had to work on establishing boundaries, how to say no, how to calm herself down when she is upset, and how to be a good parent including drawing lines without being abusive.

She was given numerous suggestions, and was willing to try them even when they seemed difficult. As she had good results, her self-respect increased and she began to mature as a mother and as a woman.

Upon completion of the Women In Recovery program, she continued to attend individual and group therapy sessions and 12-Step meetings. She has regained custody of her daughter, which allows her to use the strategies for discipline she has learned. She has gone through quite a transformation at Family & Children's Services and says that she feels like a whole new person.

Women In Recovery is just one of several programs that Family & Children's Services offers. In each of our programs, we meet individuals where they are, and find solutions to their specific life issues. Our fiscal year which ended in June, 2011 boasts a total 12,163 service hours to individuals, families, and groups. While the work we do is not always easy, it is extremely rewarding – for both the therapist and the client.

The following are comments from our Client Satisfaction Surveys:

"I am so very greatful for this program." (Aftercare)

"Since being in this program, I feel that I have changed for the better."

"Happy to be here – learning and growing. Getting stronger! Yeah!"

"You and your services are a blessing and I thank you!"

"I am very happy with the help I am getting here. I'm very grateful for Family & Children and Hope House for the reduced rate for my services. It makes things a lot easier financially for me to get the help I need. Thank you very much."

"This facility has really made a difference in my life and I thank everyone for their help."

"I'm very grateful. Thank you."

Family & Children's Services provides services to our clients at rates based on their family size and income. Grants, United Way allocations, and donations from individuals and businesses in the community help keep our co-pays as low as possible for people who might not otherwise be able to afford the therapy that they so desperately need. Your contribution helps make people and families whole. Thank you.

Family & Children's Services, Inc. promotes and develops healthy relationships in individuals, families, and communities so they are empowered to make positive life choices.

What We Do:

Mental Health Programs

General Counseling

Our largest and most comprehensive program is that of general counseling. In this program we provide services to individuals, couples and families that focus on such things as life transitions, behavior, adjustment issues, anxiety and depression.

Our primary focus of treament is individual therapy with a master level therapist. In some circumstances, groups are developed when needs are identified that can be better served in a group setting.

Special Mental Health Programs Due to Community Need

Respect Program

This is a 12-month group program designed for individuals who have been arrested for an offense such as indecent exposure (without an identified victim) or prostitution, where behaviors have caused problems with their social or legal standing.

Sexual Offender Treatment Program

This is an 18 to 24-month three-phase program designed for individuals who have been convicted of a sexual offense with a defined victim(s). This group and individual approach addresses cognitive distortions and emphasizes safety plans and ownership for behavior.

Substance Abuse Programs

Outpatient Treatment Programs

This group program is up to 72-hours and meets, depending on level of treatment, 2 or 3 times a week for 10 weeks. This program is designed for the individual who has demonstrated a significant problem with drugs and/or alcohol.

Women in Recovery

This group program is approximately 22 weeks in length and addresses issues for women who have substance related issues and have also experienced a level of trauma at some point in their lives that is affecting their recovery.

These women are assigned and seen by a therapist individually while they are in this program to maximize the benefits of the program.

Relapse Prevention

This group program is approximately 13 weeks and is designed for individuals who have experienced prior treatment and/or have had a period of sobriety followed by a return to using mood-altering substances (alcohol and/or drugs).

Aftercare Program

All three of the above programs are followed by a 6-week Aftercare group Program. The Aftercare Program and the three others above all utilize twelve-step programs and their philosophies to help facilitate recovery.

***** All of our direct service providers are Master level therapists who are Licensed Clinical Social Workers, Licensed Marriage and Family Therapists, Licensed Mental Health Counselors or are in the process of obtaining their licensure. Many of our therapists are Licensed Clinical Addiction Counselors and have areas of specialization in treating families, children, and individuals.***

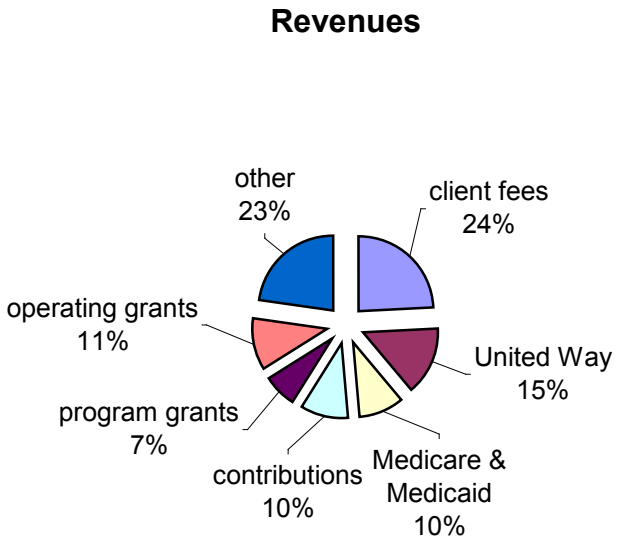
Financial Report for Fiscal Year 2010/2011

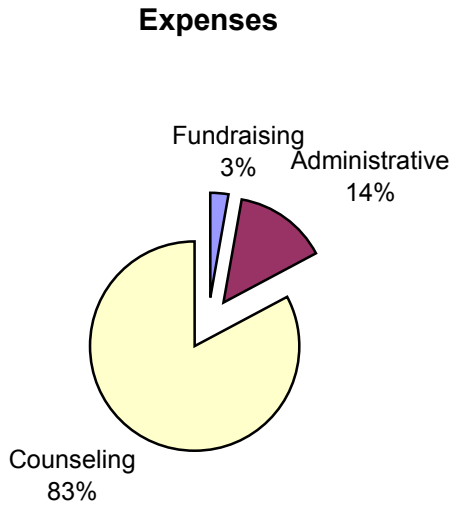
Revenue

Client Fees.....$252,257
United Way.....$152,273
Medicare & Medicaid.....$104,335
Contributions.....$107,252
Program Grants.....$75,000
Operating Grants.....$114,500
Other.....$238,322

Expenses

Counseling.....$833,322
Administrative.....$146,021
Fundraising.....$28,000





2010/2011 Program Statistics

Total Service Hours 12,163

Family Counseling Hours 444

Group Counseling Hours 7,126

Individual Counseling Hours 4,593

Employee Assistance Program Hours 199*

*Employee Assistance Program hours are included in the Family and Individual totals.

Financial Supporters for Fiscal Year Ending June 2011

Contributions from Foundations

Community Foundation of Greater Fort Wayne
Edward M. and Mary McCrea Wilson Foundation
English, Bonter, Mitchell Foundation
Foellinger Foundation
Lincoln Financial Foundation
MGN Family Foundation
Plogsterth Foundation
St. Joseph Community Health Foundation
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We are extremely grateful for all that you do to support Family & Children's Services.