



ANNUAL REPORT

2015-2016



Life Management Center
Of Northwest Florida Inc.

PROUDLY SERVING 6 COUNTIES

Bay | Calhoun | Gulf | Holmes | Jackson | Washington

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A special thank you to the following
board members who also served during
the 2015-2016 year:

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Retha Threat

LMC SENIOR MANAGEMENT

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Bernard Bergman, M.D.
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Georgina Bembry, ARNP
Patricia Franko, ARNP
Holly Gardner, ARNP
Nancy Gibson, ARNP
Jerris Grover, ARNP
Angelo Herbu, ARNP
Karen Lipford, ARNP
Kay Norris, ARNP
Vickie Stephens, ARNP
Joan Vojtkofsky, ARNP

Dear Friends,

It has been another exciting year at Life Management Center as we continue to provide more services to our community. You are an integral part of our successes and we are proud to share those accomplishments with you. During our last year we added our FIT team to help families be successful after problems resulting from substance use disorders. We are also happy to report that The Life Management Foundation was successfully launched to provide support to our services for years to come.

In an effort to build strong families, the FIT team provides treatment to parents with behavioral health conditions and substance use disorders who come in contact with the child welfare system. FIT provides comprehensive services to these parents, including treatment for their behavioral health condition and substance use disorder, training on coping and parenting skills, and support in other areas that may be stressors for the family. All treatment is provided with the goal of healthy family reunification.

The Life Management Foundation was successfully launched with a wine tasting dinner held at Firefly in February that raised more than \$10,000 to support the services of Life Management Center. The foundation was established to provide funding and support for the long-term sustainability of Life Management Center services.

In addition to these accomplishments, we also:

- Served 13,135 children and adults,
- Delivered \$1,072,580 in charity care,
- Placed 145 children in adoptive homes,
- Provided help through 2,484 visits and calls to our Emergency Services,
- And much more.

This report is only a small glimpse into the services provided by Life Management Center. We hope this gives you an overview of the important work that is being performed within our community. As you browse through the report, we also hope that you will be proud of the work Life Management Center is able to accomplish through your help.

Thank you for your continued support.



Edwin (Ned) Ailes
President & CEO



Dr. Arifa Garman
2015-2016 Board Chair



LMC LIST OF SERVICES

CHILD/ADOLESCENT SERVICES

Outpatient

- Individual, Group & Family Therapy
- Crisis Intervention & Support Services
- Home-Based Counseling
- Substance Abuse Counseling
- Psychiatric Care
- Pharmacy Services

24-Hour Emergency Care

- Emergency Screening
- Crisis Stabilization

Child and Family Safety

- Foster Parent Support Services
- Therapeutic Foster Care
- Adoption Services
- Family Empowerment
- Family Intensive Treatment (FIT)
- Healthy Families/Positive Parenting
- Single Point of Access for Child Assessment & Referral

- Supported Visitation Services

Case Management and Support

- Community Action Team (CAT)

ADULT SERVICES

Outpatient

- Individual, Group & Family Therapy
- Crisis Intervention & Support Services
- Substance Abuse Counseling
- Psychiatric Care
- Pharmacy Services

24-Hour Emergency Care

- Emergency Screening
- Crisis Stabilization
- Detoxification

Rehabilitation and Support

- Case Management
- Group Home
- Early Psychosis Intervention & Care (EPIC)
- Florida Assertive Community Treatment (FACT)
- Skills Acquisition Training
- Supported Employment Services
- Friendship Center (Drop-In Center)

Case Management and Support

- Employee Assistance Program
- Forensic Case Management
- Primary Care Clinic

ADDITIONAL SERVICES

- Crisis Intervention Team (CIT) Training
- Mental Health First Aid Training



Providing for the **WHOLE FAMILY**

We all know that the health of family members can affect the wellbeing of the whole family. When a child has a mental illness, it is no different than any other illness and the family needs support to cope with the illness. This is something that Melanie knows too well. Melanie is a single mother who has two children (12 and 13 years old), one who has been diagnosed with multiple mental disorders and a learning disability.

Things have not been easy for Melanie and things just seemed to be stacking up against the family. Melanie has found it difficult to keep a job at times due to her own health issues. She has gone through six surgeries on her leg for vascular issues, which has kept her off her feet at times and when she was on her feet it was still hard to get around. There have been a few moves, including a move out of state, and at times the family has found themselves living with friends or homeless. At one time they were living in a home when a tree fell through the roof.

Melanie knew she and her children needed help, but it has not been easy. "I didn't even know what to do for myself," said Melanie. Christopher was referred to Life Management Center for his mental health disorders, but staff knew that Christopher could not be at appointments if the family didn't have food, housing and transportation. So, in addition to medical services, they began providing wrap around

services and helped Melanie in any way they could. After waiting for five years, Melanie was provided Section 8 housing and the staff helped them move, found donated furniture and other household items, helped them get utilities set up, and even helped with getting the kids transferred to their new schools. The move also placed the family close to a trolley stop so they were better able to access transportation. Even though her own health creates challenges, Melanie has been able to work part-time with light duty jobs. Today, Christopher is receiving the treatment he needs with the help of Life Management Center coordinating his appointments with his school. Things are beginning to stabilize for the family and they are meeting goals they set for themselves. Melanie is even thinking about going back to school.

Melanie explained how much wrap around services have meant to her. "It makes my heart a little lighter," said Melanie. "I have so much going on in my life. It's really hard. But if I have a bad day, I can just call and say I need to talk. I'm forever grateful for the help they have given me."

Wrap around services are provided for families where children have a diagnosable mental health condition to help stabilize the family. The services can include help with applying for and finding housing, finding transportation, locating food banks, finding school clothing, and more. Services can even include something as basic as providing families with information about free events they can enjoy as a family.

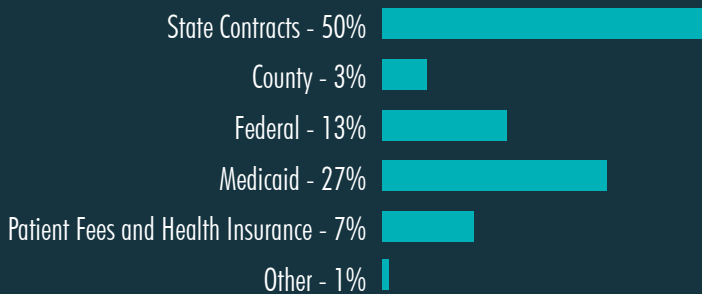
A letter of thanks from a HEALTHY FAMILIES' CLIENT

STATISTICAL DATA FOR LMC (Fiscal Year 2015-2016)

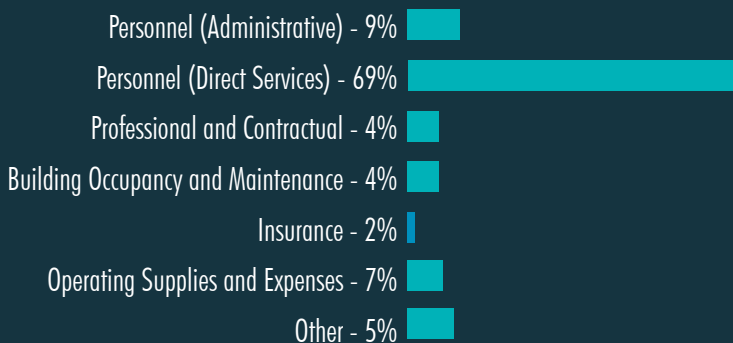
Years serving Northwest Florida | **62**
Total children and adults served | **13,135**
Charity Care provided | **\$1,072,580**
Individuals Receiving Psychiatric Services | **5,126**
Total served in our Crisis Stabilization Unit | **843**
Total visits & calls to our Emergency Services | **2,484**
Families served through Healthy Families and free of child abuse and neglect | **140**
Children in families completing the Healthy Families program with no signs of child maltreatment | **100%**
Programs recognized with CARF International Accreditation | **17**
Individuals served in our FACT program | **148**
Individuals certified in Mental Health First Aid | **83**
Clients expressing overall satisfaction with the services received from LMC | **98%**

FINANCIAL HIGHLIGHTS:

REVENUE



EXPENSES:



"The reason that I originally joined the Healthy Families group was because I was having many issues at that time. I was depressed, my house was so bad my children could have been taken away, my husband and I were always verbally fighting. It was a huge mess and I was lost. Since then my depression has been all but eliminated. The thing that I have utilized the most with Healthy Families is that I can sit and talk with them, share stories and examples, and truly discuss and get to the bottom of the real issues. They have also helped me with so many things. Healthy Families has been a big part of why I got up and started to take care of my responsibilities, such as cleaning the house, getting a job, getting my children's doctor's appointments and other things done. We have been able to keep up the house by working together. My husband and I talk and rarely argue now, and those arguments are small. I have consistently kept a job for about a year and a half. One job I had for a year, and now I have a new job that pays more and I have been there since the end of July. I have lost over 60 pounds since the start of my last job and it is still dropping. Our life is continuing to strive over time, and I continue to still be able to speak to Healthy Families and I honestly don't know where I would be without them. I went from a wife / mother that shouldn't be, to a wife/mother and person that others now want to be, and I can efficiently take initiative to try and do the things needed to find the help that I need. For all of this I love Healthy Families."

Danielle

Creating FOREVER FAMILIES

“All they want is someone to love them and to feel safe.”

That is how one adoptive mother describes the desire of children in foster care or looking for an adoptive home. Marcia and her husband, Stephens, adopted five children in August 2016. The 4 boys and one girl came to their home as foster children after experiencing physical abuse in a home that had domestic violence and substance use problems.

Marcia and Stephens always knew they wanted to adopt. Stephens' father had been adopted and Marcia had wanted to adopt since she was 13 years old. They began fostering children a few years before they met their adopted children. One foster child was with them for a year, another for three months and even had one for just one weekend while the child was between placements. They were definitely moving toward adoption, but they didn't expect to adopt a group of siblings and become a family of seven. That changed after their two youngest children were placed in their home through foster care over two years ago. The children, ages 8 to 12, were separated into multiple foster homes and the couple saw the need for the children to be together.



Marcia says the biggest challenge was trying to understand where the children came from and to be able to facilitate the transition for them. Today they are doing great. According to Marcia the children are all happy and adjusting well, even receiving A's and B's at school. She says they have goals and aspirations that they are able to discuss and work toward as a family, which they do sitting at the table every day. Something that Marcia says is her favorite part of the day.

To those who might be thinking about becoming a foster or adoptive parent, Marcia says, "Take the chance. You have the chance to change the life of a child."

And to those who might have concerns about where the children have come from? "The kids aren't damaged, they just have experiences that they need help coping with," said Marcia.

Photo: Marcia and Stephens Croom received the Florida State Foster/ Adoptive Parent Association's "Caring Hearts" award for 2016 for their dedication to fostering and adopting in our area.

Finding FOREVER FAMILIES

It can be difficult to find a home for sibling groups and the children pictured here are no different. They are in need of a forever family that will bring them back together. The children are very bonded and connected to each other, and they are looking for a fun and active family that will teach them and show them what having a family is truly like. The ideal family for them will provide a loving family environment while also setting and enforcing consistent rules and boundaries and providing them with the opportunity to strengthen their bond. The forever family for these children will also need to be open-minded and understanding that Melonecia is fiercely protective over her siblings and she will need one-on-one attention to teach her that she is allowed to be a child and that she and all of her siblings are safe. With a sibling group this large, it will be important that they are the only children in the home so each child can get as much individual attention as possible. The right family for these children will also have a great deal of experience with trauma informed care and be able to support the educational and emotional needs of the children.



From oldest to youngest meet:

Melonecia (11), Eric and Erica (10 year old twins),
Zavian (8), Eustacia (7), Leondras (5),
and Reginald (3).

To learn more about adopting or fostering,
visit our website at www.lmccares.org or
call 850-522-4485.

**Life Management Center provides adoptions through a contract
with Big Bend Community Based Care.**

In the last fiscal year, a total of 145 children were placed in

"Forever Homes."

NUMBER OF CHILDREN PLACED IN ADOPTIVE HOMES BY COUNTY:

Bay | 87
Calhoun | 2
Gulf | 2
Holmes | 3
Jackson | 27
Washington | 24

NUMBER OF FOSTER HOMES IN OUR COMMUNITY:

Bay | 52
Calhoun | 0
Gulf | 0
Holmes | 6
Jackson | 8
Washington | 7

*Photo: The fine print on this 8-foot list shows the more than 300 children
placed in out-of-home care in our six counties.*



A part of the COMMUNITY

LIFE MANAGEMENT CENTER is dedicated to bringing awareness to mental health issues and the services we provide. As a result, our employees are active in our community year round. Here are just a few of the organizations and activities we either offer or partner with to promote mental health awareness:

- ACTS Trauma Informed Care Coalition
- Bay County Health Task Force
- Child Abuse Prevention Month
- City of Panama City Leisure Services
Annual Fishing Workshop
- Florida Council for Community Mental Health
- National Alliance on Mental Illness (NAMI)
- Mental Health America
- Mental Health Awareness Month
- National Adoption Day
- SPARE, Suicide Prevention Coalition
- Suicide Prevention Conference
- Suicide Prevention Month
- Local Chamber of Commerce

OUR VISION:

To inspire confidence and respect as a provider of comprehensive behavioral health care and family counseling services. To be a valued partner in alliances that promotes the health and quality of life of our community and its members.

OUR MISSION:

To provide comprehensive, integrated care that promotes the health and quality of life of our community members.



LIFE MANAGEMENT CENTER EMPLOYEE MILESTONES

"Unity is strength...when there is teamwork and collaboration, wonderful things can be achieved." - Mattie Stepanek

LMC employees are essential to the success and continuous improvement in services at the Center. Several of those employees reached milestones in their career with us this past year. Congratulations to the following employees!

5-YEAR ANNIVERSARY

Kathryn Adams
Rhonda Hall
Kristy Hancock
Jennifer Jacobus
Cheryl Jones
Tina Kelly
Theresa McDonald
Carolyn Nettles
Billie Sanders
Michelle Smith
Ebb Thomas
Clara Thrash
Shannon Wright

10-YEAR ANNIVERSARY

Phyllis Bostick

15-YEAR ANNIVERSARY

Patricia Gable
Pauline Hughley
Peggy Tanskanen
Shirley Wright

20-YEAR ANNIVERSARY

Mohammad Binmahfooz



THANK YOU TO OUR SUPPORTERS

Life Management Center would like to thank the following supporters for their generous gifts through our 2015-2016 Annual Giving Campaign.

Mr. & Mrs. Ned Ailes
Dr. John J. Benton
Mr. & Mrs. Wesley Berry
Mr. & Mrs. Rob Blue
Rev. & Mrs. Kenneth Brookins
Mr. Graham Clarke
Dr. Peter B. Claussen
Mr. Gerry Clemons
Mr. & Mrs. Scott Clemons
Mr. & Mrs. Greg Clubbs

Mr. Frank Depinto
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Mr. and Mrs. William Husfelt
Dr. Charles Kovaleski
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Mr. & Mrs. William Lillard
Mr. & Mrs. Ray Likely
Mack & Eleanor Lewis Family Foundation
Mr. & Mrs. Mel Magidson Jr.
Mr. Eugene Nakamura

Dr. Tim Nelson
Mr. & Mrs. Nicholas Patronis
Mr. & Mrs. Robert Pearce
Dr. & Mrs. Owen Reese, Jr.
Mr. & Mrs. David Riley
Mr. & Mrs. Mike Skeen
Mr. & Mrs. Joseph Tannehill
Mr. & Mrs. Calvin Woodson



Thank you to the Panama City Rotary Club for supporting our Primary Care Clinic with a donation of \$500.

Sponsors for our 2016 GNO & Bunco event:

The Celebration Place
Edgewater Beach & Golf Resort
Fyfe Family Foundation
Harris Business Machines
Innovations Federal Credit Union
Krispy Kreme
Tyndall Federal Credit Union

Thank you to those who contributed to the Life Management Foundation's Inaugural Wine Tasting event held February 2016. The Foundation was created to sustain Life Management Center programs in the future.

Mr. & Mrs. Ned Ailes
Ms. Donna Baird
Mr. & Mrs. Steve Bates
Mr. & Mrs. David Byrd
Mr. & Mrs. Larry Carroll
Charles A. Whitehead Foundation
Mr. & Mrs. Joseph Ciccarelli
Mr. Gerry Clemons
Mr. & Mrs. Scott Clemons
Hon. Dedee Costello & Mr. Paul Jones
Mrs. Carolyn Cramer
Mr. & Mrs. Larry Dantzler
Mr. & Mrs. Richard Dodd
Florida Blue
Mr. & Mrs. George Gainer
Dr. & Mrs. Peter Hampton
Dr. Michael D. Hanson
Mr. & Mrs. Henry Hooks
Mr. Joseph Ketterer
Mr. Herman Laramore
Mr. & Mrs. Ray Likely
Mr. R.L. Lloyd, Jr.
Dr. & Mrs. John Mallary
Mr. & Mrs. Karl McAfee
Mr. & Mrs. Carroll McCauley
Mr. & Mrs. George McInnis
Dr. & Mrs. Frank Merritt
Mr. John Middlemas

Mr. & Mrs. Nathan Miller
Dr. & Mrs. Michael Morrow
Mr. Eugene Nakamura
Mr. & Mrs. Ray Palmer
Panhandle Anesthesiologists, Inc.
Mr. Ron Patrick
Mr. & Mrs. Robert Pearce
Dr. & Mrs. Owen Reese, Jr.
Dr. & Mrs. Michael Rohan
Mr. & Mrs. Billy Stevenson
Mr. & Mrs. Joseph Tannehill
Mrs. Elizabeth Tunnell
Dr. & Mrs. Curtis Williams

Life Management Foundation Board Members

Gerry Clemons – Chair
Lori Bates
Scott Clemons
Carolyn Cramer
Mike Duncan
Lee Lapensohn
Aviva Mallary
Nathan Miller
Gene Nakamura
Ray Palmer

WAYS TO HELP LIFE MANAGEMENT CENTER

We need your help to ensure that we will continue to be here to provide the services you have come to expect in our community.

Here are a few ways that you can help:

- Gifts of Cash
- Bequest - You can include LMC in your estate. These gifts can be either specific dollar amounts or a percentage of the estate. If you do this, please let us know that you have done so.
- Life Insurance or IRA's - Simply name LMC as a beneficiary and owner of a policy or an IRA.

To discuss making a charitable donation that will improve the lives of people in need, please contact Tricia Pearce at (850) 522-4485, ext. 1107 or tpearce@lmccares.org.

Yes, I want to help support my Community!

Here is my tax deductible contribution to ensure the people of Northwest Florida receive the mental health care they need.

Name _____

Spouse's Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

My Gift Amount ☐ \$50 ☐ \$100 ☐ \$500 ☐ \$ _____

☐ My gift is enclosed ☐ Please charge my gift to my credit card

☐ Visa ☐ Mastercard

Card Number _____ Exp. Date _____

Signature _____

☐ I wish for my gift to remain anonymous.

☐ I would like to discuss planned giving or estate contributions with you.

Please make your check payable to: Life Management Center
525 East Fifteenth Street • Panama City, Florida 32405

Donations may also be made online at www.lmccares.org, or for more information call 850.522.4485 ext. 1107.



Thank you to the Bay Medical Auxiliary for contributing \$17,500 to help sustain our Primary Care Clinic.



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Panama City, FL 32405

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LOCATIONS:

Bay County - Main Campus

525 East 15th Street | Panama City, FL 32405

Calhoun County

16869 N.E. Pear Street | Blountstown, FL 32424

Gulf County

311 Williams Avenue | Port St. Joe, FL 32456

Holmes/Washington County

310 Byrd Avenue | Bonifay, FL 32425

Jackson County

4094 Lafayette Street | Marianna, FL 32446

(850) 522-4485 | TOLL-FREE (888) 785-8750

Website: www.lmccares.org

Facebook: www.facebook.com/lifemanagementcenter | Twitter: @LmcCares



Sponsored by Life Management Center of Northwest Florida, Inc., Big Bend Community Based Care and the State of Florida, Department of Children and Families.

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