



behavioral health
early childhood intervention
intellectual & developmental disabilities

IMPACT
REPORT
2013

Building Stronger
Communities

Person by Person

LIFEPATH
Systems



at LifePath,
we put families
on the path toward *help*

Michael began to display behaviors outbursts that alarmed his family.

The family reached out for help to our staff, to their assigned LifePath Systems Service Coordinator, who responded to the family in their moment of crisis and gave much needed support to the family in a frightening time.

Our staff effectively gave help, hope and resources to help **walk** the family and Michael through the crisis.

The family shared with LifePath that by providing the proper treatment, taking the time to focus on the need at the moment, and exceptional judgement and extraordinary compassion that the situation was diffused.

The family continues to **take steps** in the recovery process.

forging brave
new paths to
hope

FirstSTEPS is a new program in Early Childhood Services, serving children from birth to age 5 that have been abused or neglected. The families are referred to LifePath Systems from Child Protective Services in Collin and Rockwall counties.

The program is home-based, providing Counseling, Speech Therapy, Service Coordination, and Family Education. The program provides critical help and support to the whole family.

People can and do **overcome** the internal and external challenges, barriers, and **obstacles** that confront them.

Hope is the catalyst of the recovery process.

This year, LifePath Systems Behavioral Health Services introduced a new level of service provider to our mental health and substance abuse treatment teams – a Certified Peer Specialist (CPS), an individual in recovery, trained and certified to effectively use their recovery to help other individuals with their recovery.

We have added two Peer Support Specialists to our staff, working with our treatment team in bettering the lives of our clients. Because of their life experience, our Peer Support Specialists have unique expertise. They work with our clients in articulating goals for recovery, monitoring progress, modeling effective coping techniques, and creating self-help strategies based on the specialist's



Peer support is a vital component to continued recovery.

own recovery experience and supporting peers in advocating for themselves to obtain effective services and utilizing community resources, such as self-help groups.

The belief that recovery is real provides the essential and

motivating message of a better future. We plan to expand this program to include at least six peer support specialists. We aim to achieve a diverse group of peer support specialists who will be able to match the growing diversity of our population.

A LETTER from the CEO

Dear
Friends,

This last year that recently ended was a whirlwind of activity here at LifePath. That is almost always a good thing...but sometimes when you are caught in a whirlwind or blazing a new trail it is easy to lose your way, and that is clearly not a good thing. The end of a year is a natural and excellent time to make sure you are still headed in the right direction. Here are some marks along the path to consider.

LifePath's participation in Texas' Healthcare Transformation Waiver allowed us to begin implementation of four new important programs. The expansion of Behavioral Health clinics will give greater access to individuals in the northern and southeastern portions of Collin County. The Targeted Populations project will address specific issues for veterans and individuals with mental illnesses who end up in the court system, individuals who have intellectual disabilities and mental illnesses, and will provide counseling/family counseling for very young children who have been abused. Educators and the general public will gain a better understanding of how to deal with mental health crises through Mental Health First Aid training and through the use of trained peer counselors. Integrating mental health services and primary health care has the potential to dramatically impact the lives of many who are currently dying at a much earlier time than their peers without mental health issues.

Another sign along the trail is the increased communication and collaboration with other local agencies and organizations. Our staff has established new, ongoing relationships with a couple of the County courts, Collin County Adult Clinic, several local hospitals, numerous colleges, churches, employers and other collaborative groups. We are deeply grateful for the good outcomes that come from those shared commitments.

Our Board of Trustees, staff, Foundation Board and volunteers have demonstrated in audit outcomes and daily operations that they continually invest their time and passion to help us along the path. I am fortunate to work with such a talented and dedicated group of people.

Lastly the most important milestone is the rising number of individuals we are able to serve. It is their stories of survival and tales of recovery that makes me know we are headed in the right direction.




J. Randy Routon, Ph.D.
CEO

STATEMENT OF FINANCIAL POSITION

REVENUES		EXPENSES	
Federal Assistance Programs	\$ 6,523,956	Salaries, Benefits	\$ 10,498,435
State Program Revenue	\$ 4,622,019	Operations	\$ 2,277,447
County Funds, Other	\$ 3,828,743	Contracted Services	\$ 1,771,171
Insurance Copays	\$ 229,078		
TOTAL	\$ 15,203,796	TOTAL	\$ 14,547,053

By the NUMBERS



3,670
ADULTS served



897
CHILDREN & adolescents served

26,107
HOURS of services provided



2,478
FAMILIES served

27,707
HOURS of services provided



523,000
MILES traveled to clients



1,821
INDIVIDUALS served



73,551
UNITS of service

2013
BOARD OF
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LifePath Systems

GROUP HOMES



LifePath Systems Intellectual and Developmental Disabilities (IDD) services includes several group homes with full time residents and dedicated staff. Our current residents range in ages from 30-67. The residents have lived

together for many years and have become like family to each other and to the staff members. Our staff is extraordinarily loyal, and we have a long-standing tenure with our staff members.



Staff SPOTLIGHT

Peter Ngbawah has been with LPS over 16 years, the longest of our Direct Support Professionals. He works at our Plano group home. Peter shows great compassion and care for those he serves, and is very committed to his job and his responsibilities. Consumers light up when around him, and give him big hugs. Peter treats the residents like they were members of his family, and gives them with unconditional love.

Thank you, Peter, for your years of hard work and dedication to our team as well as to our consumers.



When a client suffered a loss in the family, LifePath Systems made a way to provide our client's family extra respite hours. Without this invaluable service, clients with Intellectual and Developmental Disabilities shoulder the burden of care, sometimes completely alone. Respite is a vital service that allows families to tend to normal activities, such as grocery shopping, care of other family members, or in this case, to tend to necessary arrangements.

LIFEPATH FOUNDATION UPDATE

The First Annual
Walk the Path
fundraiser was a
success! Our thanks
to our gracious
volunteers, board,
and sponsors!

We are grateful for
your participation
and generosity as we
forge new paths in
raising awareness and
vital funding for our
community programs.

UPCOMING foundation EVENTS!

Sweet Dreams
@ Rooftop, Plano
April 10th, 2014

2nd Annual
Walk the Path
Bob Woodruff Park
November 8th, 2014

For LifePath Foundation
news, events & opportunities
to give, please visit
www.lifepathfoundation.org

A LETTER from the CHAIRPERSON

Dear
Friends,

With our first year under our belts at the LifePath Foundation, our mission has become clearer – the money we raise helps create more paths for more lives. Whether someone is hanging in the balance of behavioral health challenges, substance abuse or intellectual and development disabilities, LifePath Systems is here in Collin County to help them have a fighting chance at living a quality life.

This first year, with only eight months to work with, we made great progress:

- developed our mission statement;
- launched email campaigns and the Pathways newsletter;
- produced testimonial videos;
- launched the LifePath Foundation website;
- secured third-party events that continue to grow;
- began a staff payroll deduction program;
- started planning our first 5K fund raiser, Walk the Path.

I think I can speak for the entire Board when I say how meaningful it is to contribute to this cause, to give people that fighting chance. But, we know this is only the beginning and this foundational work we're doing will help bridge the gap one day between what LifePath Systems receives from federal funding and what it actually needs to serve thousands of people who are waiting for help.

The need in our community is only going to rise. With mental health issues continuing to take center stage across the country and Texas sadly being the state with the least amount of federal resources, we all have an opportunity to help change the picture.

We hope you'll join our fight. Many lives are counting on us.

With gratitude,

Susan Yost
Chair, LifePath Foundation



We must have
money to support
the fight, the staff,
the facilities, and
our families.

THE BOARD

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Amy Scott
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GRANT SPOTLIGHT

The LifePath Foundation received a generous \$75K grant from The Rees-Jones Foundation to hire a Child and Adolescent Licensed Professional Counselor for our McKinney clinic.



P.O. BOX 828
MCKINNEY, TX 75070
972-562-0190

www.lifepathsystems.org
info_request@lifepathsystems.org