



CARE *and*
COUNSELING

Hope and Healing



Why Giving Matters

Care and Counseling
2017 Annual Report to the Community

Dear Friends and Supporters,

Mental Health Services are in greater demand than ever. Care and Counseling is here to answer the call in the greater St. Louis community. We are proud of our work and outstanding growth in 2017, serving 1,153 clients through 13,032 counseling sessions. In addition, we provided training and education; clergy and congregational care; clinical preparation for ministry; spiritual direction and EAP counseling services throughout the region.

Lack of mental health care costs our country and community:

- 1 in 5 American adults suffer from mental illness each year (that's 43.8 million)
- 560,000 individuals in the St. Louis area need mental health services each year
- Mental illness costs our country \$193.2 billion in lost earnings annually
- Only 41 percent of the 43.8 million adults needing mental health services seek them

Stigma and discrimination prevent people with mental illness from receiving life-changing care, and many become prisoners of addiction. Lack of insurance and financial constraints also keep those who need mental health services from seeking them. Care and Counseling is breaking down these barriers by:

- Stigma-busting through education and awareness
- Giving back \$1.2 million dollars in unreimbursed services to the St. Louis community annually
- Providing a Client Assistance Fund for those who lack insurance, are underinsured or who cannot otherwise afford to pay, serving 246 individuals through 3,021 counseling sessions in 2017

Care and Counseling is excited to launch into our 50th year of service in 2018. We are committed to increasing access to mental health services and to protecting the health and well-being of our region. Our services are needed as much today as when we opened our doors in 1968.

Thank you to our supporters, funders, donors and partners. Together we will continue to inspire hope, healing and well-being in our community.

Gratefully,

Rev. Amy Bertschausen
Executive Director

Joan Silber, PhD
Board Chair

WHO WE ARE

Care and Counseling is a not-for-profit, 501(c)(3) organization formed in 1968 as an interfaith agency to combine the work of four counseling centers.

Today our services include mental health services for children, adults and families, as well as congregational and clergy training and psychoeducation programs.

Thanks to financial support from individuals, foundations, corporations, organizations and faith communities, counseling services are available to those who would otherwise be unable to afford the full cost of psychotherapy.

OUR MISSION

Care and Counseling enhances emotional, relational and spiritual well-being. We do this through exceptional quality and accessible counseling, professional training and community education.

DISTINGUISHING QUALITIES

- We serve the most influential as well as some of the most vulnerable citizens of St. Louis
- We welcome clients from all faiths, as well as those with no faith affiliation. We respect faith heritage and religious practices, and incorporate a client's faith into treatment, when requested and desired
- We have specialized training and resources to provide professional support and resources for faith communities and their leaders
- We are committed to providing high quality services to all who seek them, including those who have financial constraints

PROGRAMS

- Individual Therapy
- Child and Adolescent Therapy
- Couples and Family Therapy
- Group Therapy
- Therapy for Clergy and Clergy Families
- Training and Education
- Steward Clergy and Congregational Care Program
- Clinical Preparation for Ministry Program
- Spiritual Direction
- EAP Counseling Services
- Clinical Residency

We are accredited by the Samaritan Institute and affiliated with the Children's Services Coalition

COUNSELING BY THE NUMBERS

OUR GROWTH

CLIENTS
SERVED
1,153

SESSIONS
PROVIDED
13,011

LICENSED
THERAPISTS
20

WHO WE SERVE

73% Adults

13% Couples

10% Children/Youth

2% Families

1% Groups

WHO WE SERVE



36%
Men

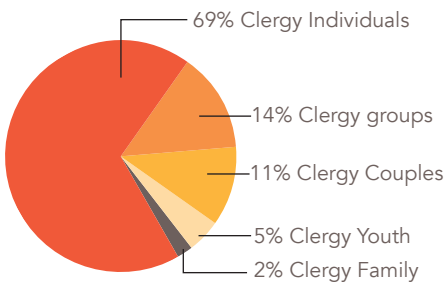


64%
Women

WE GIVE BACK
\$1.2 MILLION IN
UNREIMBURSED
SERVICES TO
THE GREATER
ST. LOUIS
COMMUNITY
EACH YEAR!



THELMA AND DAVID STEWART CLERGY & CONGREGATIONAL CARE PROGRAM

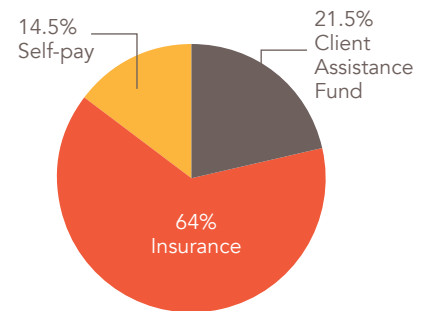


PROFESSIONAL TRAINING

7 Counselors trained
2,318 Training sessions
10 Seminars provided
8 Psychotherapy
Enrichment Classes



COUNSELING PAYMENT METHODS



STATEMENT OF INCOME & EXPENSES

Fiscal 2017 (September 2016 – August 2017)

INCOME

Fees for Service \$986,946
Fundraising \$332,359
In-Kind Contributions \$163,422
Miscellaneous Revenue \$25,361

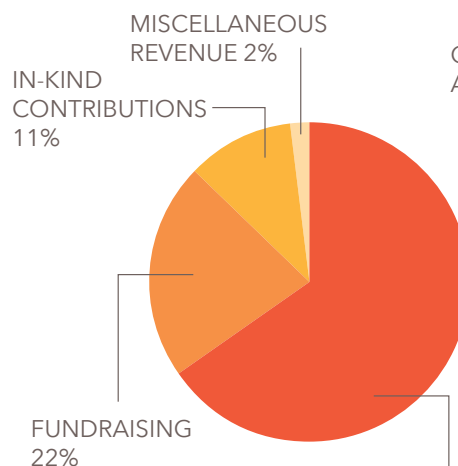
Total Income: \$1,508,088

EXPENSES

Program Expenses \$1,410,956
General & Administration \$47,465
Fundraising Expenses \$145,551

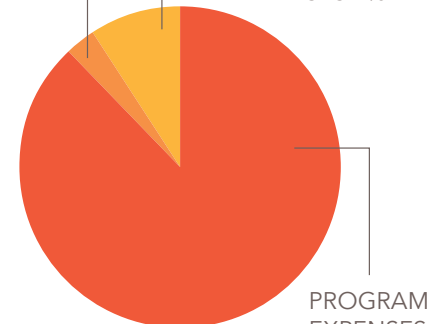
Total Expenses \$1,603,972*

*Some restricted gifts from prior years were used to meet 2016/17 expenses.



INCOME

GENERAL &
ADMINISTRATION 3%
FUNDRAISING
EXPENSES 9%



EXPENSES

FEEES FOR
SERVICE 65%

OUR STAFF

The counseling staff of Care and Counseling consists of licensed clinical social workers, licensed professional counselors, pastoral counselors, and other professional therapists. Care and Counseling also retains a number of outstanding psychiatrists and psychoanalysts as consultants and supervisors. The agency is accredited by The Samaritan Institute and affiliated with the Children's Services Coalition.

CLINICAL STAFF

Stephanie Whitney, MA, LPC, ATR-BC, Clinical Director
Diane Chandler-Riddlespriger, MS, LPC, NCC, CCMHC,
Doctoral Candidate
Clay Coffee, PhD, MDiv, LPC, SMFT
Karen Gabriel, MA, LPC, NCC
Sarah Goldman, MSW, LCSW
Jean Harmon, MEd, LPC
Brooke Justis, MSW, LCSW
Sharon Kirsch, MA, LPC, Licensed Psychologist
Rev. Dale R. Kuhn, MA, MDiv, STM, LCSW, AAPC Diplomate,
Clergy & Congregational Care Program Coordinator
Marilyn F. Kuhn, MA, LPC, NCC
Kavitha Lakshmanan, MSW, LCSW
Ellen Marting Jayaprabhu, MA, LMFT
Carol Miller, MA, LPC
Nanci Miller, MSW, LCSW
Carole Myre, MEd, LPC
Debra R. Pearl, MSW, LCSW, BCD
Austin Wilmot, MSW, LCSW

RESIDENTS

Julie Friedman, LMSW
Jessica Schenk, LMSW
Amy Stark, LMSW, MDiv
Shayna Warner, LMSW

ON-SITE CONSULTANTS

Renuka Patel, MD, Child Psychiatrist
Ron Scott, Ph.D., Psychologist, Consultant

ADMINISTRATIVE STAFF

Rev. Amy Bertschausen, MDiv, Executive Director
Julie Alexander, MBA, Billing Coordinator
Adonica Banks, MBA, Operations Director
Gina Fromme, CFRE, Director of Development and Marketing
Kristen Ratican, Development and Marketing Coordinator
Tressia Wright, Administrative Client Services Specialist

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LOCATIONS

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St. Louis, MO 63141-8120
314-878-4340

Central West End
Second Presbyterian Church
4501 Westminster Place
Saint Louis, MO 63108

South St. Louis - Tower Grove
Oak Hill Presbyterian Church
4111 Connecticut Street
St. Louis, MO 63116

Webster Groves
Webster Groves Presbyterian Church
45 West Lockwood Avenue
St. Louis, MO 63119

West St. Louis County – Ellisville
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careandcounseling.org

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Thank you!

The generous financial support of individuals, corporations, foundations and faith communities allows Care and Counseling to provide services to all who seek them, even those without insurance or who have financial constraints.

"To err is human, to forgive is divine"
-Alexander Pope

It is our intention to be as accurate as possible.
Please let us know if there are any errors to this list.
Thank you!