

CATHEDRAL COUNSELING CENTER

2 0 1 0
ANNUAL
REPORT



Given the continuing economic crisis, more and more people are under great stress that can lead to depression and anxiety. They are also less able to afford the help they need due to job loss and the cutbacks in services. In the metropolitan Chicago region, they are often referred to Cathedral Counseling Center. The availability of affordable, professional mental health services at Cathedral Counseling Center enables them to face these difficult times without becoming overwhelmed by their emotional reactions, or resorting to destructive behaviors such as domestic violence, alcohol abuse, or drug addiction.

YOU ARE INVITED TO
CATHEDRAL COUNSELING CENTER'S
FALL GATHERING

SAVE THE DATE: TUESDAY, OCTOBER 4, 2011
5:30 – 7:30 P.M.

DETAILS TO FOLLOW

Greg's Story: When Greg returned to the U.S. from his last tour of duty in Afghanistan, he decided to finish his undergraduate degree at a local college. After a couple of months, he went to the student health center because he was very nervous, not sleeping well and struggling with the transition to college life. A counselor there referred him to Cathedral Counseling Center where the intake coordinator paired him with a therapist who specializes in treating post-traumatic stress disorders.

Although it has been hard, Greg's work with his therapist, along with one of our psychiatrist's help with medication, is helping him to understand and manage the effects of the trauma he suffered. He is sleeping better and able to continue his studies, thanks to his own efforts and the efforts of his treatment team.

KEY ACCOMPLISHMENTS

☞ Cathedral Counseling Center provided 17,554 therapy sessions, a 7% increase over the number provided in 2009.

☞ The average client fee went down to an average of \$41.50 per session, 3% lower than the level we maintained for the previous 4 years. Effective cost management enabled us to meet our budget projections.

☞ Insurance billing activities were brought in-house in 2009 and we realized our first full year of budget impact in 2010. This change saves \$30,000 in costs per year and adds \$70,000 per year in revenue.

☞ New therapists Kim Hassenfeld, LCSW, Laurie Kabb, LCSW, and Karen Wertymyer, LCSW, were brought on staff, along with psychiatrist Dr. Elise Rehn.

☞ We started a support group for the members of the first ECCS Julian Year group of volunteers, young adults who spend a year living with each other and interning in a community-based organization that addresses basic needs.

☞ We continued to run group sessions for women with histories of trauma as well as a consultation group for members of the clergy.

☞ The Professional Development workshop series had strong attendance and very favorable reviews, especially the presentation on the effects of social media on psychological development.

☞ We sponsored another intensive Sensorimotor Psychotherapy Institute training session. The training included four (4) three-day weekends and was attended by 18 professionals.

☞ Senior staff worked with six (6) advanced clinicians in our two-year Fellows Program and set up a clinical training and supervision program for our first post-doctoral psychologist.

☞ New directors were welcomed to the board: Patricia (PJ) Fiedler and Cynthia Hardie.

☞ During an economic time when many non-profits are not financially sound and having to reduce services, Cathedral Counseling Center is financially stable and growing.

WE ARE GRATEFUL FOR OUR COMMUNITY OF FRIENDS

We could not have cared for 1,016 people last year without the financial support of our dedicated and generous community of over 250 donor friends. Cathedral Counseling Center charges clients on a sliding scale in order to provide access to those in need regardless of their ability to pay. In 2010 the average client fee was \$41.50 per session and insurance contributed \$31 per session. The cost to provide each therapy session was \$88. Our donors contributed the \$16 needed to provide each session.

We welcome the 60 donors who are new to our community, many of them contributing in memory of our friend and colleague Dr. Bob Buchanan. He established the Center's psychiatric evaluation and medication management services, a crucial component in mental health that is often lacking in other agencies.

Our clients, staff and board are very grateful for our donors who believe with us in the positive impact quality, affordable mental health care can make on people's lives and on our social fabric.

*GENERATIVE – Donors who
have given for 9 years or more*

Roseann Adams
 Shisha Amabel &
 Anthony Ceravolo
 Anonymous
 John & Judy Bross
 Chalmers Development
 Robert Chlebowski
 Carol Connell &
 Doug Longhini
 James Covello
 Caroline Cracraft
 Brooks Davis
 Patricia & John Dreibelbis
 Salli Eley
 Episcopal Charities &
 Community Services
 Loretta Ferlauto
 Linda & Davis Fisher
 Carolyn Fortman
 James & Louise Glasser
 Constance & Arnold
 Goldberg
 Janet Wolter Grip
 Robert Gunn
 Jon & Norma Hagstrom
 Suzanne & John Hales
 Mrs. Carl Hedblom
 Betty Hickman
 Michelle & Doug Hofmeister
 Mrs. Miriam Hoover
 The Jeskey Family
 The John R. Houlsey
 Foundation
 David Jolliffe
 Dean Kaufer
 Maureen Kelly
 Sheelah Kelly
 The Carroll & Percy
 Klingenstein Foundation, Inc.
 Paul Kobasa
 Jan & Louise Leestma
 Jay Lenn & Greg Diercks
 Jim & Sue Lenz
 Alan & Susan Melsky
 Judith Millenson
 James Montgomery
 Lonny & Janet Myers
 James Nagle
 Nora & Alan Orschel
 Josephine Riccardi
 Hipalito & Ida Roldan
 Lisa Rone

Rainer & Pat Schildknecht
 Richard Seidel
 Gerald & Geri Sherman
 Karen Skerrett
 Todd Smelser &
 James Gerhart
 Nancy Smith
 Jane Stastny
 Susan & Errol Stone
 Anne Taft
 The Munro-Tanner Family
 Mark Thomma &
 Mary Herlehy
 Judith Tribbett
 Elsa Vaintzettel
 Cynthia Walls & Ed Clancy
 Joan Ward
 Hak Yui Wong

*GENUINE – Donors who
have given for four to eight years*

Bruce Aaron
 Allison Ackerman
 Patricia Alvino
 Annie Avery & Alison Gross
 Elsie & Horace Barks
 Susan Barrish
 Patricia Black
 Steel & Penny Bokhof
 Terry Breitwiser
 Christ Church Benevolence
 Committee
 Jeanne Claussen
 Janet Congero
 John Crenson
 Wilda Dailey
 Mary Dilg &
 Russell Vandenbroucke
 Art & Kathleen Donner
 James Drew
 Felicia Dudek
 M.E. Eccles
 The Ferrantella Family
 Christine & Paul Fisher
 Barbara Fleming-Claussen &
 Dirk Claussen
 Freda Friedman
 Jill Gardner
 Maggie Gibbs
 GKN Foundation
 Paula Grasso
 Cathy Gruber
 Alan Gunn & Maria Pfister
 Philip Hale

2010 DONORS

Donald Halperin
Paula Harbage &
David Gillingham
Robyn Golden
Sally & Lew Harding
Harris Bank
Francis Yvonne Jackson
Walker Johnson
Jean Klingenstein
Stephen Kobasa
L.J. Sheridan & Company
Cynthia Landreth
Susan Litoff
Elizabeth Lloyd
Frank Maguire
Katharine Mann
Robert Marks
Peggy & David Mason
Amy Masters
David & Constance
Matthews
Dennis & Sally McCaughan
Lynn McIntyre
Linda & Joe Meisel
Anna Minkov
Joan Mudd
Colleen Murray &
Lori Wolfson
Ann & Tom Nash
Cherry Radin
Nina Riccardi
Leigh & Andy Rocklin
Natalie Ross
Larry & Marci Rusinsky
John & Margaret Sagan
Foundation
Sandra Sheinin
Arden & Charles Small
Armando Smith
Jane & Larry Smith
Barbara & Robert Spencer
Spencer Foundation
St. Chrysostom's
Episcopal Church
Caroline Steelburg
Jason Stell & Kate Glickman
Jeanne Stewart
Keith & Leigh Stewart
Joel & Christine Susman
Casmir & Dorothy
Szczeponiak
Boris Thomas &
James Gandre
Diane Todd &
Jeanette DeFriest

Wendy Wasson
John & Gail Wasson
Jane Wells & Burt Ferrini
Kaye Boles Wertz
David Wick &
Brandon Neese
Stephanie Wright
Jane & Roger Youngs
Amy Zajakowski-Uhll
Roger Zanchetti

GENESIS – Donors who have given for one to three years

Aetna Foundation, Inc.
William Almond
Dawn Baity
Elizabeth & Barry Barretta
Anne Searle Bent
Paula Berger &
John Mansour
Judith Bertacchi
The Blowitz-Ridgeway
Foundation
William Bouvel
Marian Brown
Robert Buchanan
Patricia Buckley
Mario Bufo
Kenneth Busch
John Cecilia
Joseph Chandler
Annie Clausen
Julie Coplon
Bill Cosper
Barbara Davis
Robert & Helen Dekker
Peter & Molly Delevett
Thomas DesMarais
Katie & Andrew Donnelly
Mary Dougherty
Dr. Scholl Foundation
Christy Drackett
The Durand Family
Colleen Fahey &
Mickey Brazeal
Sarah Fisher
Bruce Fleisher &
Laurie Regenbogen
Don & Martha Garnett
John Garver
Lori & Jim Gelbort
Ruth Geller
C. Gary Gerst

CATHEDRAL COUNSELING CENTER

Joanna Gesicki
Gregory & Kris Gleason
Robert Glickman
Maria & Antoni Glodz
Kevin Goodman
Grant Healthcare
Foundation
Robert & Susan Green
Roger Gumm &
Brian Hastings
Cynthia Hardie
Susan Harlow &
Bonnie Perry
John Hauptert
James & Charlcye Hawk
Michael & Linda Hazen
Chris Hodgson &
Kathleen Ruggero
HSBC Philanthropic
Programs
Emma Kalaidjian
Nancy & Mark Kimble
Judy & Philip Kirk
Andrea Knepper
Brae Korin & Norm Ryan
Frederic Krol
Nancy Kupke
Eric & Mary Kurbat
Marilyn Labkon
Judy Lavin
Fred & Liz LeBaron
Jeffrey & Lisa Lee
Live Oak, Inc.
Roger & Susan Lumppp
Robin MacKinnon
Theresa Marousek
Bill Martin
James & Christine Massie
Mary Beth McAvoy &
Donna Tickman
Bess Catherine McCord
Nancy & Mark McDermott
Cathe & Larry McEnerney
Bhupat Mehta
Claire & James Meyers
Michael Reese Health Trust
Sterling Minturn
Dave & Connie Morrison
Sara & Pat Nash
Derek Neathery
Northern Trust
Charitable Trust
Greg O'Leary
Lesley Omary
Thomas Opferman
Lynn Orschel
Carol & Richard Park
Jolanta Parys
Kenneth Pearlman
Sue Peckham
Susan Peterson
Bruce Pons
Elizabeth Powley &
Shauna Seliy
Aqdas Qualls &
Mark Lawrence
Patricia Rafferty
Britt Raphling
Meghan Reilly
Rachel Remmers
Rena Lange (USA) Inc.
Terry & Lynn Retson
Julie Ris
Stephan Roberts &
Amy Young
Ellen & Larry Robinson
Nathaniel & Joy Rogers
Kate Ruhl
Andrew Schaefer
Elliott & Gail Schlang
Judith Schmidt
Allen & Lauren Shapiro
Paula Siegel
Andria Skornik
George & Cecilia Smith
Hilary Smith
St. Gregory's Episcopal
Church
St. Luke's Episcopal Church
St. Peter's Episcopal Church
Susan & Errol Stone
Gail Strejc
Vickey Sultzman
Kathy & Jim Swager
Michael Swain
Michael Tobin
Margaret Tripplette
Anthony Vaccaro
John David Van Dooren &
Gary Norcross
Margo & Paul Weston
Stephen White
Julie & Chris Wood
Amy Young
Marjorie Zessar

IN-KIND DONATIONS WERE GIVEN BY:

Svetlin Denkov

Mario Montgomery

SNR Denton US LLP

Constance Wilson

Contributions are frequently given to Cathedral Counseling Center to show appreciation for or in memory of someone who has been a long-time supporter. Contributions are also given by long-time supporters to celebrate birthdays of friends and other occasions. We appreciate and want to recognize the people who inspired these special gifts.

IN MEMORY OF

Reta Breitwiser

Robert W. Buchanan, MD

Thomas Eley

Burton & Marion Faldet

Jesse & Elaine Fleming

Kathryn Kelly

Hilda Jones

The Rev. Wilson Reed

David Scurfield

IN HONOR OF

Dawn Baity

Eileen Cantin, PhD

Loretta Ferlauto

T.J. Ferrantella

Kim & Jeff Green

Jon Hagstrom

Norma Hagstrom

The Rev. Brian Hastings

Margot Hodgson & Jack

Bishop

Maureen Kelly

Paul Kobasa

Ann Nash

Leigh Rocklin

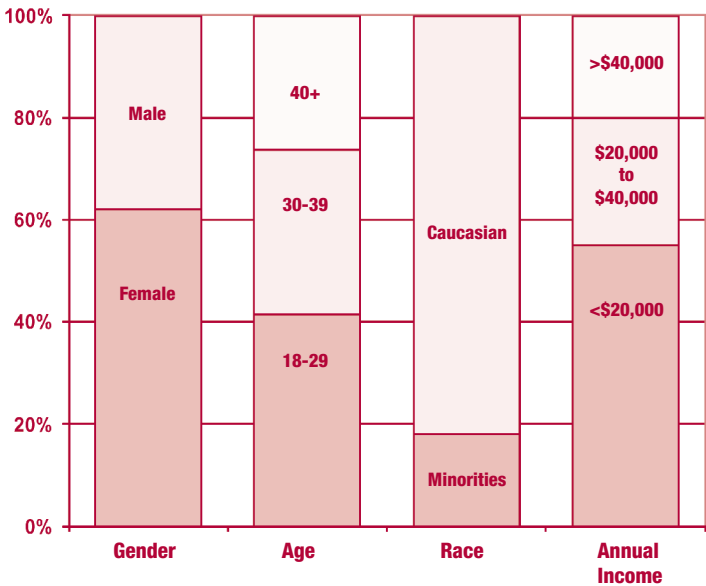
Lisa Rone, MD

Wendy Wasson, PhD

Suzanne Garver Williams

WHO DID WE HELP THIS YEAR?

In 2010 Cathedral Counseling Center responded to over 1,200 calls for help and cared for 1,016 people by providing 17,554 therapy sessions. We are committed to providing high quality mental health services to adults based on the client's ability to pay, regardless of age, gender, race, religious or sexual preference. This chart provides an overview of these characteristics of our clients:



SIGNIFICANT CHANGES FROM 2009:

- Clients under 30 years old increased from 36% to 41% of clients
- Clients with annual household incomes less than \$20,000 increased from 46% to 55% of clients

ALLOCTAIONS OF FUNDS

SOURCES OF OPERATING REVENUE

2010 Total = \$1,564,404

Client Fees and Insurance

\$1,266,419

Other

\$22,359

Episcopal Charities &
Community Services

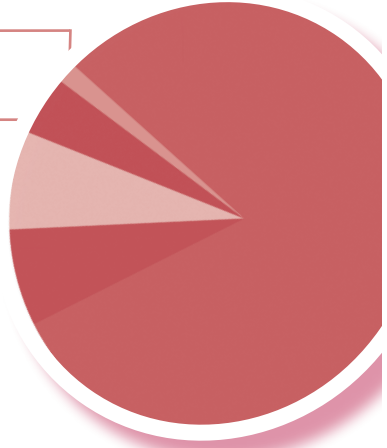
\$65,000

Donations: Organizations

\$106,292

Donations: Individuals

\$104,334



USES OF FUNDS

2010 Total = \$1,543,654

Direct Services

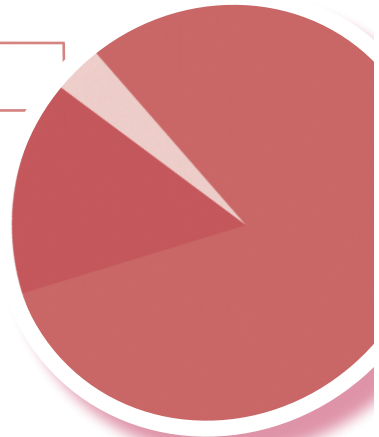
\$1,260,980

Fundraising

\$52,756

Management

\$229,918



Your Donations Helped Provide
17,554 Therapy Sessions to
Relieve Mental Suffering

2010 BOARD OF DIRECTORS

Loretta Ferlauto, *President*

Philip Hale, *Vice President*

Stephan Roberts, *Treasurer*

The Rev. M.E. Eccles, *Secretary*

Dawn Baity

Katherine Donnelly

P. J. Fiedler

Christine Fisher

Jon Hagstrom

Cynthia Hardie

Ann Nash

Gregory O'Leary

Diane Todd

Judith Tribbett

EX OFFICIO

The Rt. Rev. Jeffrey D. Lee, *Bishop of Chicago*

The Very Rev. Joy Rogers, *Dean,*

St. James Cathedral

Georgianna Gleason, *Executive Director,*

Episcopal Charities & Community Services

Christine Fisher, Esq., *Legal Counsel,*

SNR Denton US LLP

Maureen R. Kelly, *LCSW, Executive Director*

LIFETIME TRUSTEES

Alexandra C. Earle

Linda Fisher

Janet Wolter Grip, MD

Cathedral Counseling Center

50 E. Washington Street, Suite 301

Chicago, Illinois 60602

www.cathedralcounseling.org



50 EAST WASHINGTON, SUITE 301
CHICAGO, ILLINOIS 60602

Presorted First Class
U.S. POSTAGE
PAID
Permit #583
Schaumburg, IL 60173

2010 ANNUAL REPORT

