When suffering knocks at your door and you say you have no room, he say do not worry, he brought his own stool.
—CHINUA ACHEBE

Pain and illness do not respect our timetables or our limits. In fact, suffering often piles on top of suffering, as when someone becomes ill, loses a job and experiences the recurrence of a chronic depression. In 2011, the loss of public and private funding again cut access to help for those in need of mental health services. Defying this trend Cathedral Counseling Center continued to grow, adding staff and services to meet the growing need.

Cathy’s Story

A decade ago, Cathy finished an advanced degree, thousands of dollars in debt. She was talented and ambitious but had trouble finding and keeping work. She had a hard time getting along with colleagues. Cathy has always been solitary, since a childhood history of abuse left her fearful and unable to trust. She had trouble sleeping and became so depressed she could not leave her studio apartment. She considered suicide and was finally admitted to a hospital. At discharge, Cathy was referred to Cathedral Counseling Center where she has received individual psychotherapy and psychiatric medication, and participated in a group for survivors of trauma. Cathy has now found a position in her field that is satisfying if low paying. With the help of her treatment team, she has been able to make a better life for herself. Her pain is limited and bearable, and she is grateful and looking forward to the future.

Your support made our work with Cathy and more than 1,000 others possible.
Cathedral Counseling Center provided 19,134 therapy sessions, almost 10% more than the number provided in 2010. We received 1,953 calls for help, a 9% increase from 2010. The need for professional affordable services is great and growing in Chicago and the state of Illinois.

The average client fee went down to an average of $40 per session, 3.5% lower than the average fee in 2010, a reflection of clients’ reduced capacity to pay.

The President’s Circle was established to recognize donors who have supported Cathedral Counseling Center with a gift of at least $1,000 for three consecutive years.

New therapists Lyn Caroli, LCSW, Diane Hermanek, LCSW, Frank Maggio, LCSW, and Meghan Reilly, LCSW, joined our staff, along with psychiatrist Dr. Mark Gindi. We bid a reluctant goodbye to Nancy Kimble and welcomed Donna Van Nett as Director of Operations.

The following individuals completed their fellowship in the Advanced Clinical Training Program in 2011: Margo Hodgson, Alexis Jaeger, and Meghan Reilly.

Freddi Friedman, PhD, an expert in Dialectical Behavior Therapy (DBT) began a DBT Skills Group, a specialized approach to treating clients with affect regulation problems. Dr. Friedman is offering a bi-weekly consultation group for staff who are interested in learning the DBT model. Staff members also have the opportunity to learn the model first hand by co-leading the Skills Group with Dr. Friedman.

Support services for the members of the ECCS Julian Year group of volunteers, young adults who spend a year living together and interning in community-based organizations, were expanded.

In 2011 we hosted three Professional Development Workshops focusing on important topics such as political activism in the therapeutic relationship and
the impact of social technology on human connections and nervous system function. The workshops welcomed more than 100 clinicians and generated very positive reviews.

A new clinical consultation group focusing on working with diversity, led by Ida Roldan, PhD, LCSW, began in 2011. We continued to run group sessions for women with histories of trauma, consultation groups for members of the clergy, and premarital counseling sessions.

New directors were welcomed to the board: Nancy Kimble and Janet Underwood.

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

Who Did We Help?

In 2011 Cathedral Counseling Center responded to 1,953 calls for help and cared for 1,071 people by providing 19,134 hours of treatment. 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:

<table>
<thead>
<tr>
<th>Gender</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>38%</td>
<td>62%</td>
</tr>
<tr>
<td>Age</td>
<td>18 - 29</td>
<td>37%</td>
</tr>
<tr>
<td></td>
<td>36%</td>
<td></td>
</tr>
<tr>
<td></td>
<td>40+</td>
<td>27%</td>
</tr>
<tr>
<td>Race</td>
<td>Caucasian</td>
<td>76%</td>
</tr>
<tr>
<td></td>
<td>Minority</td>
<td>24%</td>
</tr>
<tr>
<td>Annual Income</td>
<td>&lt; $10,000</td>
<td>37%</td>
</tr>
<tr>
<td></td>
<td>$10 - $29,000</td>
<td>34%</td>
</tr>
<tr>
<td></td>
<td>$30,000+</td>
<td>29%</td>
</tr>
</tbody>
</table>
**Allocation of Funds**

**Sources of Operating Revenue**

2011 Total = $1,726,989

- **Client Fees, Insurance, and Training Programs**
  - $1,411,023 = 81.7%

- **Fundraising and Contributions**
  - $248,966 = 14.4%

- **Episcopal Charities and Community Services**
  - $67,000 = 3.9%

**Uses of Funds**

2011 Total = $1,640,049

- **Direct Services**
  - $1,351,038 = 82.4%

- **Management and Fundraising**
  - $289,011 = 17.6%
Our Community of Friends

We could not have cared for 1,071 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 2011 the average client fee was $40 per session and insurance contributed $32 per session. The cost to provide each therapy session is $88. Our donors contributed the $16 needed to provide each session!

Our clients, staff and board of directors 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.

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- Martin Wiggins

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Tuesday, October 9, 2012, 5:30–7:30pm
You are invited to Cathedral Counseling Center’s Fall Gathering.
Wine, Cheese and Conversation at the Center.