40 Years of Hope and Healing

CATHEDRAL CELEBRATES ANNIVERSARY & $1 MILLION GOAL

This year marks two important achievements: Cathedral Counseling Center's 40th anniversary and reaching our goal of $1,000,000 for the West Wing Campaign! We are grateful for the grace and generosity of our supporters who have helped make this vision a reality.

It’s an inspiring time—to be poised for growth, ready to serve twice as many people in our community. What a fitting tribute to the group of visionaries who founded this agency in 1974! They saw the need and developed the creative program model that is the heart of our mission, and has allowed us to grow our services exponentially over the years.

When we began service, we had one clinician and a handful of clients. Forty years later, we have a team of 50 clinicians and psychiatrists who will serve 1,500+ clients in 24,100 sessions of affordable, professional therapy. Thanks to the West Wing, we’ll soon have the capacity to serve 2,000 people on an annual basis.

(Continued on page 4)

New Website Launched

To better reach potential clients and update our look, Cathedral Counseling Center is proud to introduce the revamped www.cathedralcounseling.org. The new site features the latest web design, making it easy to learn about our services and mission while viewing from a tablet or smart phone, as well as a computer.

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Dear Friends,

Around Christmas a number of years ago, a client gave me an unusual gift: a halo made of gold tinsel. When I asked her about it, she replied, “Well, what is the first thing the angels always say when they appear?” “Hmm… HARK!” I volunteered. She laughed. “They say, ‘Be not afraid!’ That is what I have really learned here in therapy, not to be afraid to live my life.”

Her words came back to me this May when we celebrated meeting our West Wing Campaign goal of $1,000,000. Less than two years ago, in September 2012, the board approved our undertaking the risky proposition of doubling our capacity in our primary location downtown. We were scared. Some directors even more than we were—mostly the more financially savvy members of our board. But it was the right thing to do: the need was only growing, the space was offered at a great discount, and we were at maximum capacity in our existing space.

Backed by the courage and generosity of our directors, staff and donors, we opened the West Wing for services in May of 2013. “Be not afraid.” Once again, we learned that when there is a need in our community and an opportunity to meet it, we have to screw our courage, not foolishly but faithfully, and trust that all will work out. And it has, thanks to the many angels who support and believe in our mission.

I hope you will join us at our gala, “Fabulous!” on October 2nd as we celebrate this achievement—one among many in the last 40 years! See page 5 for details.

Sincerely,

Maureen R. Kelly, LCSW
Executive Director

From the Director

BE NOT AFRAID

“I hope you will join us at our gala, “Fabulous!” on October 2nd as we celebrate this achievement—one among many in the last 40 years! See page 5 for details.”
Cathedral Counseling Center surveys clients as part of our quality assurance. The feedback received from clients is shared with leadership and staff, informing our practice.

In June 2014, we conducted the client survey online for the first time, and received a 18% response rate, nearly double our last survey. Using a web platform enabled us to reach a greater number of clients directly, making it easier and faster for them to respond.

The results mirrored the high marks of previous surveys:

- 78% agreed or strongly agreed: “I believe my therapist and psychiatrist are helping me.”
- 92% satisfied or extremely satisfied “with my overall experience at Cathedral”
- 92% would refer a friend to Cathedral Counseling Center to a friend

Many clients shared comments about their experience and the value of Cathedral Counseling:

“My therapy at Cathedral Counseling Center was the most productive and successful of any counseling I’ve every had; and considering I have chronic depression for over 40 years, I have had a lot of counseling…I have come thru a much better and happier person than I have been in a very long time.”

- “Laura,” Cathedral Client

“The staff at Cathedral, my therapist especially, has made a tremendous difference in my life. The improvements I have felt in terms of my quality of life and mental health since I began coming to Cathedral in September 2013 and the progress I have made as of today I attribute to the patience and dedication of my therapist. I would not have access to these services with my limited health insurance and income without places like Cathedral.”

- “Alex,” Cathedral Client

“Therapy is like feeding your brain and soul. If more people took care of their emotions through therapy, maybe the world would be a better place!”

- “Isobel,” Cathedral Client

“I feel unbelievably fortunate to have access to a therapist as skilled as mine. She’s able to challenge me, while also supporting my mental health and being my advocate; this is the exact combination I look for in a therapist and I know from experience that it is difficult to find. If it weren’t for Cathedral’s sliding scale fee, I know that I would not be able to access this level of care. Further, as someone who works in social services, it is difficult to access affordable mental health services anonymously; Cathedral makes this possible.”

- “Stacy,” Cathedral Client

“I never give the highest marks on any type of evaluation but my therapist may very well have saved my life..”

- “DAVID,” CATHEDRAL CLIENT
Reflecting on 40 Years
WHAT CATHEDRAL COUNSELING MEANS TO US

In honor of the anniversary, we asked current and former staff and board members to reflect on their time with the Center. The following are just a few of their thoughtful responses. To read more, and to share what Cathedral Counseling means to you, please visit cathedralcounseling.org/40years.

Carol Connell, LCSW, Intake Coordinator
The Counseling Center is like a family to me—and I’ve certainly felt all the feelings one has in a family!
I’ve felt love, anger, jealousy, sibling rivalry, joy and acceptance while working here.
I’ve “grown up” at the Counseling Center—I’ve progressed from “the new kid on the block” to a much wiser (and older!) big sister.

Loretta Ferlauto, Past Board President
In my 21 years as a board member and [my] continued association, I lived through 3 capital campaigns, and 3 moves. The most exciting experience is my memory of visiting the undercroft of the Cathedral as potential future space for the center. It consisted of rugged dirt floors, stones and rocky walls. Watching and experiencing the board go from a mindset where solutions to future growth were impossible, to taking the risk to start a capital campaign and make it happen is a wonderful legacy.

Paul Kobasa, Past Board President
A satisfaction in supporting in a modest way a useful service that might be otherwise inaccessible to individuals who need it.

Sharon Lemler, Former Board Member
Of course it meant a great deal to me to know the service the counseling center was providing to those who needed it in the Chicago area. As a clinician myself, I knew how important it could be in the real lives of those we served, as well as their families and their communities.

Adrienne Merjian, PhD, Former Staff Member
My fondest wish for Cathedral Counseling Center is that they are able to continue to provide the wonderful care for the community that they have for the past 40 years. Many lives have been forever touched—and changed—through the expertise and care of the practitioners at Cathedral.

(Continued on page 7)
Fabulous!
A GALA CELEBRATING 40 YEARS

This will be our first gala in over two years, and it is sure to be our grandest yet in our new location at the Chicago Cultural Center’s Preston Bradley Hall! Our goal is to raise $80,000 to support the life-changing work and professional services of Cathedral Counseling Center.

Join on us Thursday, October 2nd from 6 – 10 p.m. Enjoy the evening featuring an open bar, seated dinner, and entertainment with the Northern Trust Exceptions! Support our mission and have fun participating in our silent and live auctions, custom bicycle raffle and paddle raise.

Individual tickets and tables can be purchased online at events.org/fabulous. Tickets are $200 each, a half-table of five for $1,000, and a table of ten for $2,000. It’s not too late to be a sponsor or donate an auction item! Contact Kristin Schmidt, Director of Development, at 312-252-9500 x115 or kschmidt@cathedralcounseling.org.

Thanks to our generous sponsors:

Patricia A. Kenney & Gregory J. O’Leary
In memory of Josephine V. Riccardi

40 Years of Hope and Healing
CATHEDRAL CELEBRATES ANNIVERSARY & $1 MILLION GOAL
(continued from page 1)

Central to our mission is the affordability of our care. Since 1974, our average fee has only increased $16—which, when compared in constant dollars, means it is even more affordable today. With our incredible team of clinicians and room to grow in the West Wing, we are ready to help even more people in need for years to come.

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New Public Program Connects Mental Health and Humanities

BOOK EVENT WITH AUTHOR DAVID STUART MACLEAN

The Center offered a new public program in April when we welcomed author David Stuart MacLean for a reading and signing of his book, “The Answer to the Riddle Is Me.” The memoir traces David’s odyssey after taking the anti-malarial drug Larium while traveling in India, leading to a perilous and frightening experience with amnesia that still haunts him today, more than 10 years later.

The book was of particular interest to our constituents given its connection to trauma, identity and culture. Drawn from MacLean’s award-winning “This American Life” essay, the book asks every reader to question: what makes me who I am? And how much can be stripped away before I become someone else entirely?

Co-founder of the award-winning Poison Pen Reading Series in Houston and named Best Emerging Writer in Non-Fiction by the PEN American Center in 2011, David was a compelling speaker for this pilot program series. More than 50 people attended the evening, enjoying wine and cheese and the opportunity to spend time with the author.

Board and Staff News

WELCOME!

BOARD MEMBER
Sabra Goldman

THERAPISTS
Allison Brown, LCPC
Joanne Flom, LCSW
Carol Hamilton, LCSW
Michael Kristovic, LCSW
David McCracken, LCPC

PSYCHIATRIST
Michael Churchwell, MD

FELLOW
Alex Sanger, LCSW

OPERATIONS
Barbara Hickman, Receptionist

CONGRATULATIONS!

Cynthia Walls, LCSW
Clinical Director on 25 years
with Cathedral Counseling

Katherine Carrane, LCSW
for her essay in Creative
Non-Fiction Magazine’s
upcoming Anthology on
Mental Health
New Website Launched
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We know from our intake data that more and more clients are learning about Cathedral through Internet searches and services like Yelp. With our growth following the West Wing expansion, we believe the website was a wise investment for our programs, ensuring we have the broadest possible reach while raising awareness of our organization.

Many thanks to board member the Rev. Kevin Goodman, friends of the agency Jay Lenn and Sharon Johnson, and all staff members who worked to complete the project.

Reflecting on 40 Years
WHAT CATHEDRAL COUNSELING MEANS TO US
(continued from page 4)

Vicki Sultzman, PhD, Former Staff Member
Cathedral Counseling Center exemplifies what it means to create a supportive and transparent professional community committed to providing top-notch mental health services. My time as a clinician at Cathedral Counseling Center was one of my best professional experiences.

Cindy Walls, LCSW, Clinical Director
I feel the importance of the work in my day-to-day work with clients—but there is something essential about feeling a common sense of purpose and support for one another that comes from the communal (staff, board, donors) articulating, devising, and executing a plan for the care and growth of the agency.
In This Issue

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“Cathedral has always struck me as a place where everyone knows they are respected and valued—clients, staff, administration, board members, donors—everyone is important.”

—MICHELLE HOFMEISTER, LCSW, RETIRED STAFF MEMBER

Cathedral Counseling Center
50 E. Washington, Suite 301, Chicago, IL 60602

40th Anniversary Benefit & Celebration

Fabulous!

Celebrating 40 Years of Hope and Healing
Thursday, October 2nd
6 – 10 p.m.

NEW LOCATION!
Chicago Cultural Center
Preston Bradley Hall
78 E. Washington Street
Chicago, IL 60602

Open Bar • Seated Dinner • Auctions • Raffle • Entertainment

For information on tickets, sponsorships, and more,
visit events.org/fabulous or contact
Kristin Schmidt, Director of Development,
at 312-252-9500 x115.