On October 2, 2014, Cathedral board member—and client—the Rev. Kevin Goodman addressed our supporters at the 40th Anniversary Gala. May is Mental Health Awareness Month and we could think of no better tribute than to share his honest and compelling reflections. Thank you, Kevin!

“Cathedral Counseling Center has saved my life, both personally and professionally, over and over and over again. Perhaps many of you can say that too. I’m not ashamed to say it. But culturally, it is difficult to say, to claim, to admit, to proclaim.

“We live in a world where we go daily to the gym, go annually to the doctor or to the dentist. But, for some reason, it is still difficult to admit that ‘I am taking care of myself’ by seeing a therapist, a shrink, a professional so that I can get my mind on right.

“I called on Cathedral for help right when I moved to Chicago, just prior to being ordained a priest. I was having difficulty reconciling the reality of life with a busy mind, coupled with stress and confusion, brought about by trauma.

‘I know a place, a place called Cathedral Counseling Center,’ a concerned colleague said.

(Continued on page 7)
From The Director
COMMUNITY MATTERS

“Community is the mental and spiritual condition of knowing that the place is shared, and that the people who share the place define and limit the possibilities of each others’ lives. It is the knowledge people have of each other, their concern for each other, their trust in each other, and the freedom with which they come and go among themselves.”

– WENDELL BERRY

Dear Friends,

The shared commitment of our community of supporters—donors, volunteers, staff and clients—keeps Cathedral Counseling Center thriving. Last year marked 40 years of service, of living out our mission to provide affordable, professional mental health services, and it was a banner year:

• More than 1,000 clients were served in 20,889 hours of treatment.

• The average out-of-pocket fee for clients held steady at $39, but with high volume and generous support we ended the year with a $20,000 positive bottom line, better than expected.

• Reimbursement from insurance, due in part to the Affordable Care Act, increased by 10%.

• At “Fabulous,” our gala celebration at the Chicago Cultural Center, we welcomed over 200 people and netted a record $70,000!

• Professional development and training programs were lively, new staff joined us, and cutting-edge services like Dialectical Behavioral Therapy continued to grow.

• Cathedral was awarded the 2014 Organizational Excellence designation by the Illinois Psychiatric Society, the district branch of the American Psychiatric Association.

You are essential members of our community, as poet Wendell Berry describes community at left. You share your knowledge, concern and trust with us and give us the freedom and support we need to keep doing our best work.

Gratefully,

Maureen R. Kelly, LCSW
Executive Director
2014 Annual Report
A YEAR OF MANY MILESTONES

Cathedral Counseling Center is proud to be a privately funded non-profit mental health agency providing excellent care with fees scaled to income. In 2014, we celebrated our 40th anniversary, and with it milestones of programmatic and fiscal performance.

Who Did We Help?
In 2014, Cathedral responded to 2,046 calls for help, and cared for 1,034 people in 20,889 hours of treatment. We are committed to providing high quality mental health services based on the client's ability to pay regardless of age, gender, race, or religious or sexual preference. This chart provides an overview of our client demographics:

<table>
<thead>
<tr>
<th>GENDER</th>
<th>MALE</th>
<th>32%</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>FEMALE</td>
<td>68%</td>
</tr>
<tr>
<td>AGE</td>
<td>18–29</td>
<td>37%</td>
</tr>
<tr>
<td></td>
<td>30–39</td>
<td>35%</td>
</tr>
<tr>
<td></td>
<td>40+</td>
<td>28%</td>
</tr>
<tr>
<td>RACE</td>
<td>Caucasian</td>
<td>78%</td>
</tr>
<tr>
<td></td>
<td>Minority</td>
<td>22%</td>
</tr>
<tr>
<td>ANNUAL HOUSEHOLD INCOME</td>
<td>&lt;$10,000</td>
<td>36%</td>
</tr>
<tr>
<td></td>
<td>$10,000-$29,999</td>
<td>32%</td>
</tr>
<tr>
<td></td>
<td>$30,000+</td>
<td>32%</td>
</tr>
</tbody>
</table>

Allocation of Funds

OPERATING REVENUE
2014 Total = $2,186,496*
- Client Fees, Insurance and Training Programs
- Fundraising and Contributions
- Episcopal Charities and Community Services

USES OF FUNDS
2014 Total = $2,166,104*
- Direct Services
- Management and Fundraising

* Note: based on preliminary financial statements for the year ending December 31, 2014.

Our Community of Friends
We could not have cared for 1,034 people last year without our generous community of over 200 donor friends. Cathedral Counseling Center provides services on a sliding fee scale to ensure access regardless of a client’s ability to pay.

For a complete listing of our contributors in 2014, please visit www.cathedralcounseling.org/thankyou.
40th Anniversary Gala Inspires

RECORD-BREAKING ATTENDANCE AND FUNDRAISING

Thank you to everyone who attended or supported our October 2, 2014 benefit to commemorate our 40th anniversary! More than $70,000 was raised to help us provide private-practice quality therapy to anyone in need without regard to income, religious affiliation, race, ethnicity, disability, gender or sexual orientation. We extend special thanks to our guest and speaker, Cook County Sheriff Tom Dart, to our fabulous entertainment, “The Exceptions,” a band of Northern Trust employees, and to our generous sponsors.

Here are just a few of our favorite photos of the event. For more pictures, please visit www.cathedralcounseling.org/events.

- M.E. and Katie Eccles
- Patricia A. Kenney & Gregory J. O’Leary
- In memory of Josephine V. Riccardi
- Sunovion Pharmaceuticals, Inc.
- Episcopal Diocese of Chicago
- Live Oak, Inc.
- Nash Disability Law

Guests at the Walgreens table toast to Cathedral.

Cook County Sheriff Tom Dart addresses guests of our 40th anniversary benefit.

Board President Philip Hale, Executive Director Maureen Kelly, with Cook County Commissioner Richard Boykin (right).

Gloria Henllan-Jones, wife of founding staff member the late Rev. Anthony Henllan-Jones, with the Rt. Rev. Jeffrey Lee (right).

Nina Riccardi, Director of Professional Development, and Darrell Wheeler, Dean of the Loyola School of Social Work, celebrate on the dance floor.
Connect at Revolution Brewing

Over 100 people came out on a snowy Sunday in February for our first community-building fundraiser, Connect. Guests enjoyed craft beer, wine, live music, brewery tours, and a locally focused silent auction. We thank Revolution Brewing for making this delightful event possible! For more pictures, please visit www.cathedralcounseling.org/events.

Stephan Roberts, Board Member, congratulates M.E. Eccles on her winning live auction bid, with Katie Eccles and guest (left).

Maggie Gibbs, Cathedral Therapist and former Board Member, with Cindy Walls, Director of Clinical Services (right).

Emily Agarwal and Dr. Gaurava Agarwal, Board Member.

The Exceptions make our party complete with excellent musical performances.
NEWS FROM THE CENTER

2015 Professional Development Series

Despite the cold temperatures, there was no hibernation for the Department of Professional Development this winter! We continued to provide creative programming to members of the clinical community.

Mid-February saw the start of a wonderful 4-week journaling group for “Boomers and Beyonders,” facilitated by Chicago writer Carol LaChapelle. The group of 9 mental health professionals participated in creative exercises designed to prompt writing about the important transition to older adulthood.

We also hosted well-respected area clinician Carla Leone, PhD, on February 20th for a workshop on the use of self psychology in work with couples. The 25 attendees were enthusiastic about Dr. Leone’s thoughtful presentation and a live role-play by staff clinicians, giving the speaker the highest evaluation ratings ever for a workshop!

Our workshop series continued this Spring with an ethics workshop on April 17th with our treasured consultant Dennis McCaughan, PhD, who will be retiring in May. Dr. McCaughan presented on “Ethics and Innovation: Subjective Discipline and Clinical Practice,” and Cathedral clinicians gave examples of ethical dilemmas in treatment.

For Fall, Judith Jordan, PhD, director of the Jean Baker Miller Training Institute at Wellesley College and one of the founding scholars of Relational-Cultural Theory will speak on Saturday, September 19th from 9 a.m.–1 p.m. Stay tuned for more information.

Finally, an Emerging Clinicians consultation group will be starting soon. Led by Shisha Amabel, LCSW, senior clinician and supervisor, these monthly gatherings will offer support and theoretical grounding to therapists launching their careers.

For more information or to register, please visit www.cathedralcounseling.org/workshopseries or contact Nina Riccardi, Director of Professional Development, at 312-252-9500 x146.

Staff News

CONGRATULATIONS!
Sara Forsythe-Menna, LCSW, on her promotion to the position of Assistant Intake Coordinator
Laurel Spindel, LCSW, on her promotion to the position of Clinical Administration Coordinator.
Lucie Prebel, Financial Manager, on her 20th anniversary
Lynn McIntyre, PhD, LCSW, on her 15th anniversary
Beatriz Ledesma, PhD, LCPC, on her 10th anniversary

WELCOME!
BOARD
Paul Kobasa, World Book, Inc.
Claire Reed, Barnes & Thornburg, LLP

THERAPISTS
Rachel Rubenstein, LCSW
Allison Smith, LCSW

FELLOWS
Julia Fording, LSW
Todd Junkins, LSW
Katherine Williams, LSW

OPERATIONS
Jack Carpenter,
Client Service Representative
Cathedral Has Saved My Life, Again & Again
(continued from page 1)

“I had no money. No job. No stability.
“Call the intake [line],’ my friend said. “They will definitely work something out.’
“I was scared to make the call. But I did. And I’m glad I did. It was June 2004. That was when my relationship with Cathedral Counseling Center began.

“Like all journeys, my relationship with Cathedral has taken some unexpected and delightful twists and turns. My priestly vocation shifted and grew, and so did my relationship with Cathedral Counseling Center.

“As a street pastor, ministering to homeless youth, I picked up the phone and called upon Cathedral to see if they could help some of my street kids.

“As the Associate Dean of St. James Cathedral, I once again picked up the phone, seeking out Cathedral Counseling’s incredible staff of professionals to work with couples preparing for marriage.

“As a member of the Advisory Board for the Julian Year, I picked up the phone again, and have been blessed to witness Cathedral Counseling’s incredible work with young people; young people who give a year of service to be with and work with people on the margins.

“Since 2004, I have been able to pick up the phone and call on Cathedral Counseling. As a proud member of the Board of Directors, I am calling on you.

“I am calling on you to be generous. Because all of us are blessed to know a place that, because of vision, and generosity, and kindness, is accessible to hundreds of thousands of people from all walks of life.

“And that for me is a heavenly vision.

“I thank God for Cathedral Counseling. I thank God for all of you. And I thank God for generous hearts.”

If your heart is moved by the work of Cathedral, please consider making a tax-deductible gift using the enclosed envelope, or by visiting our website at www.cathedralcounseling.org/donate. Your gifts help underwrite the cost of therapy for clients like Kevin and others who can’t afford the full cost and are seeking to “get their mind on right” and live a fuller life.

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Guests enjoy dinner below the Chicago Cultural Center’s Tiffany glass dome.

Board member Derek Neathery and Director of Professional Development Nina Riccardi co-host the live auction.
“Cathedral Counseling Center has saved my life, both personally and professionally, over and over and over again. I’m not ashamed to say it. But culturally, it is difficult to say, to claim, to admit, to proclaim.”

—THE REV. KEVIN GOODMAN, BOARD MEMBER AND CLIENT

Save the Date for These Upcoming Events

May 20th, 5:30–7:00 p.m.
Same Time Next Week Book Event and Signing
RSVP: www.events.org/sametimenextweek

September 19th
Professional Development Workshop with Judith Jordan, PhD

Coming This Fall
Here & Now: An Evening of Improv Benefiting Cathedral—watch for details!

A Member Agency of Episcopal Charities and Community Services
www.cathedralcounseling.org