Week after week, we work with our clients, making sense of difficult times in the past, present, or both. We are partners, but also witnesses to their efforts to transform, as they set and achieve goals, and overcome histories that have held them back. It isn’t easy, and is intensely personal for our clients. They are the reason we do this work. They inspire us, revealing the remarkable ability of the human spirit to heal and grow from pain and suffering.

As a tribute to Mental Health Month, we’re pleased and honored to share this selection of client experiences from our most recent survey that found over 90% of respondents would recommend us to their friends.

**CLIENT 1:** “Working in Cathedral’s DBT group has made a world of a difference…I initially came to Cathedral because I was struggling with my bipolar disorder. I have done a lot of work on myself. Unfortunately, I was diagnosed with cancer and when I went through treatment, I began to struggle with depression. My experience was wonderful and I have recommended Cathedral to a lot of people because it is very holistic. Cathedral offers solutions as far as specific tools which help you to function.

(Continued on page 6)
Dear Friends,

In our work here at the Center, we try to be that one clear voice for our clients. Dr. Judith Jordan, who presented here for us April 9, talks about part of the work of therapy as “listening into voice.” When we speak clearly, we are most likely to elicit the same authenticity from others, creating rewarding, mutual relationships.

We want to be a clear voice to you as well, and hope that this newsletter informs you about the work of this past year. Our mission of providing affordable, professional psychotherapy and psychiatric services has not wavered in 42 years, even as we have greatly expanded the scope and extent of our work. When you support the Center, please know that in 2015 alone, with your help we:

• Treated 1,034 clients in 20,473 hours of service, while keeping the average client payment at $39 per session.

• Held monthly training and consultation groups for staff clinicians, and several professional development workshops for the mental health community.

• Supported the work of The Kennedy Forum, whose mission is to reduce the stigma of mental illness and make services available to all in need.

• Raised $445,750 – $63,000 over budget – from individuals, foundations and new special events at Revolution Brewery and iO Theater Chicago, formerly Improv Olympic.

We welcome your voices into the conversation. Please feel free to contact me or Board President Nancy Nichols if you’d like to talk.

With thanks,

Maureen R. Kelly, LCSW
Executive Director
2015 Annual Report
COMMITTED TO QUALITY CARE AND COMMUNITY

Cathedral Counseling Center is proud to be a privately funded non-profit mental health agency providing excellent care at fees scaled to income. In 2015, we took our work another step forward with a new strategic plan that will guide the agency in its work in 2016–2018. Read more about this on our website at www.cathedralcounseling.org/aboutus.

WHO DID WE HELP?
In 2015, Cathedral responded to 2,046 calls for help, and cared for 1,034 people in 20,473 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, religious or sexual orientation. This chart provides an overview of our client demographics:

<table>
<thead>
<tr>
<th>GENDER</th>
<th>MALE</th>
<th>FEMALE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>32%</td>
<td>68%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>AGE</th>
<th>18–29</th>
<th>30–39</th>
<th>40+</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>30%</td>
<td>37%</td>
<td>33%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>RACE</th>
<th>Caucasian</th>
<th>Minority</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>78%</td>
<td>22%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ANNUAL HOUSEHOLD INCOME</th>
<th>≤$10,000</th>
<th>$10,000–$29,999</th>
<th>$30,000+</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>23%</td>
<td>34%</td>
<td>43%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>2015 total = $2,183,181*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Client Fees, Insurance and Training Programs</td>
</tr>
<tr>
<td>Fundraising and Contributions</td>
</tr>
<tr>
<td>Episcopal Charities and Community Services</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>2015 total = $2,247,795*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Direct Services 80%</td>
</tr>
<tr>
<td>Management and Fundraising 20%</td>
</tr>
</tbody>
</table>

*Estimate, based on preliminary year end financial statements. Audited financials will be available summer 2016.
NEW ANNUAL BENEFIT IS FUNNY AND MEANINGFUL

Our heartfelt thanks to the more than 170 people who came out to laugh for a good cause at Here & Now—our one-of-a-kind improv experience at iO Theater Chicago, an event which made a meaningful connection between the worlds of improv and therapy. Your contributions, tickets and auction bids helped raise more than $45,000 to support services for people in our community who cannot afford the full cost of mental health care. Guests enjoyed wine & beer, yummy hors d’oeuvres, and homemade sweets made by Cathedral clinicians.

Here are just a few of our favorite photos of the event. For more pictures, please visit: [http://www.cathedralcounseling.org/events/here-now/](http://www.cathedralcounseling.org/events/here-now/)
More than 130 people came out on a beautiful Sunday in February for our second annual community-building fundraiser, Connect. On this Valentine’s Day, guests shared their love of craft beer and wine, enjoyed live music, brewery tours, and participated in our locally focused raffle and silent auction. The Young Professionals Board of Cathedral Counseling Center hosted. We thank Revolution Brewing for making this delightful event possible!

For more pictures, please visit http://www.cathedralcounseling.org/events/connect/
Making Sense of Difficult Times

(continued from page 1)

I am impressed with the way they treat clients as clients, and not as patients. Cathedral is all about mental health and not mental illness.”

CLIENT 2: “When my mom died of cancer, my life was thrown upside down. I began to look for counseling services, which brought me to Cathedral. Cathedral was a matchmaker. If my therapist is an indication of the caliber of Cathedral—that, by association, is a testament to the agency. My counselor has taught me a lot. We work on mindfulness and re-centering. She has been a sounding board… I’ve taken what I learned from her to other places in my life and applied my new knowledge to work and my family life.”

CLIENT 3: “I have struggled with a medical disease all of my life. My doctors suggested therapy as it is important for those with chronic illnesses. My therapist has been wonderful, she is personable and inviting. As I struggle through my illness, I have become more motivated to come to therapy because of the relaxed atmosphere and my relationship with my therapist.”

Thank you for helping us make a difference in these individuals’ lives, and all those we will serve this year and beyond.

Center News

WELCOME!

BOARD
David Fording, William Blair
Alison Barrington, British Journal of Music Therapy

THERAPISTS AND STAFF
Matt Cramer, LCSW
Stephanie Evans, LCPC
Teresa Fitzgerald, LMFT
Ann Friesema, LCPC
Mark Maginn, LCSW
Kimberly Mundt, Client Medical Biller
Michael Ostrower, LCSW
Linda Walker, LCSW

FELLOWS
Camilla Salvisburg, LCPC

CONGRATULATIONS!

Jack Carpenter, on his promotion to the position of Development and Communications Associate
Dean Kaufer, LCSW, on his 15th anniversary
Annie Avery, LCSW, and Sara Forsythe-Menna, LCSW, on their 10th anniversaries

SPECIAL THANKS

Philip Hale, for his leadership and service on the Board of Directors, including two terms as President and chair of the West Wing Campaign Committee.

Gregory O’Leary, for his leadership and service on the Board of Directors.

Remembering Maggie

On April 13, Cathedral suffered a great loss when Mariann “Maggie” Gibbs died. Maggie was an important part of our community for a decade. A very experienced clinical social worker in private practice, we first recruited her to the board but after a year or so, Maggie decided she’d rather be on staff. She quickly became a well-liked and respected senior clinician and supervisor, and a wonderful community member until last winter when she could no longer work.

After Maggie learned that she had metastatic breast cancer she lived life to the fullest, despite many challenges. She was active, and she traveled and stayed close to family and many friends. When she came to the Center she wanted to know everything that was going on with everyone. At our 40th anniversary gala in October 2014, Maggie was in the center of the dance floor, wheel chair and all!

A perfect recent Maggie moment: less than a month ago, a colleague ran into Maggie and her caregiver. She was unable to walk, see, or speak, but she was going to VOTE, dammit. They conversed for a while, Maggie writing her words.

Rest in peace, dear friend and colleague.

Maggie Gibbs enjoying a laugh with colleague Cindy Walls.
## 2016 Calendar of Activities

Whether you are interested in mental health, or a professional in the field, we have a host of offerings remaining this year. We hope to see you at an event soon!

Learn more at www.cathedralcounseling.org

### FOR THE GENERAL PUBLIC

#### Wednesday, May 25

*Unjust Incarceration: Breaking the Cycle for Individuals with Mental Illness with Cook County Sheriff Tom Dart and Dr. Nneka Jones Tapia*

Join us from 8:30–10 a.m. for a breakfast panel discussion in honor of Mental Health Month. Learn about the needs of this vulnerable population: what is being done and what more we can do.

![The Hon. Tom Dart](image)

#### Thursday, September 29

*Here & Now: An Evening of Improv Benefiting Cathedral*

Our hilarious and meaningful event returns for a second year! You won’t want to miss this improv experience at iO Theater Chicago. For sponsorship and ticket information, contact Kristin Schmidt, Director of Development, at kschmidt@cathedralcounseling.org.

![TOO FUNNY!](image)

#### Saturday, November 19

*International Survivors of Suicide Loss Day in collaboration with the American Society for Suicide Prevention*

Join us for a screening of the 2016 Survivor Day documentary film produced by the American Foundation for Suicide Prevention. Survivor Day is the one day a year when people affected by suicide loss gather around the world at local events to find comfort and gain understanding as they share stories of healing and hope.

### FOR MENTAL HEALTH PROFESSIONALS

#### Friday, June 17

*Alone Together: Solitude & the Relational World with Dennis McCaughan, PhD*

Join us from 9:00 a.m.–12:15 p.m. for a professional development workshop. Since time alone can be renewing and enriching even for the most social among us, how might solitude support our ability to engage in the world and with others more fully? And what contributes to our capacity to be alone? Can we be both related and alone together?

#### Friday, October 14

*Clinical Convergence: On My Way To Finding You, I Found An Unknown Part Of Me with Ida Roldán, PhD, LCSW*

Join us from 9:00 a.m.–12:15 p.m. for a professional development workshop. What does a therapist do when she realizes that having a similar history to her client may have caused the very rupture that put the treatment and relationship at risk?

### THANK YOU!

Special thanks to all who joined us for The Healing Power of Connection on Saturday, April 9th, with gratitude to Dr. Judith Jordan. Another sold-out crowd enjoyed a full morning of clinical fellowship and learning about Relational-Cultural Theory.

![Dr. Judith Jordan](image)
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Event Photos & Thank-You’s
2016 Calendar of Events

“Cathedral was a matchmaker. If my therapist is an indication of the caliber of Cathedral—that, by association, is a testament to the agency.”
–CLIENT

Upcoming Events

May 25th
Unjust Incarceration: Breaking the Cycle for Individuals with Mental Illness
with Cook County Sheriff Tom Dart and Executive Director Dr. Nneka Jones Tapia
Tickets On Sale Now:
www.cathedralcounseling.org/may25

September 29th
Here & Now: An Evening of Improv Benefiting Cathedral