Cathedral Counseling Center helps people make sense of their lives during difficult times through affordable, professional mental health services. Certainly 2008 was stressful for everyone, but it has been particularly difficult for our clients, many of whom are facing downturns in their employment and finances. The availability of affordable mental health services at Cathedral Counseling Center enables them to face these difficult times without becoming overwhelmed by anxiety or depression, or resorting to destructive behaviors such as domestic violence, alcohol abuse, or drug addiction.

Key Accomplishments

- Cathedral Counseling Center provided 14,789 therapy sessions, a 10% increase over the number provided in 2007.
- The average client fee was held constant at the 2006 and 2007 level of $44 per session.
- Thanks to the significant pledge payment of St. James Cathedral and the gift of Karen Helfrich’s home, debt was reduced by $500,000.
- The annual benefit at Victory Garden’s theatre contributed $35,000 – the most ever!
- In collaboration with the Rwanda Mental Health Outreach Project, over $7,000 was raised for supplies and medication to accompany Dr. Lisa Rone and Dr. Kristin Underhill-Welch on their mission to train Rwandan clinicians in diagnosis and treatment of Posttraumatic Stress Disorder.
- A new collaboration with the Sensorimotor Psychotherapy Institute of Colorado resulted in 2 workshops and a training course on this leading-edge treatment for Posttraumatic Stress Disorder being offered to Chicago clinicians.
- Four new directors were welcomed to the board: Ann Nash, Maggie Gibbs, Frank Hicks, and Christy Fisher.
- Clinical staff additions included three new therapists – Vicky Sultzman, LCSW; Paula Seigel, LCSW; and Ken Burnstein, LCSW – and one psychiatrist, Kate Ruhl, MD.
Thanks to Our Many Friends

We could not have maintained the quality of our services and our low fees to clients without the financial support of the many people who share our compassion for those suffering with mental disorders. Some of our friends are new to supporting Cathedral Counseling and some have been contributors for many years. It is our hope that all will continue to make the commitment to help others through the difficult times in their lives.

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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.

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David William Jones
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Bishop James Montgomery
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Janet Zilberstein

Who Did We Help This Year?

In 2008 Cathedral Counseling Center responded to over 1,200 calls for help and cared for over 1,000 people by providing 14,789 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:
Allocation of funds

SOURCES OF OPERATING REVENUE
2008 Total=$1,294,438

- Client Fees & Insurance: $999,835
- Other: $27,287
- Episcopal Charities & Community Services: $66,000
- Donations: Organizations: $86,525
- Donations: Individuals: $114,791

USES OF FUNDS
2008 Total=$1,408,148

- Direct Services: $1,149,319
- Fundraising: $56,114
- Management: $202,715

Your Donations Helped Provide 14,789 Therapy Sessions to Relieve Mental Suffering.

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