Given the continuing economic crisis, more and more people are under great stress that can lead to depression and anxiety. They are also less able to afford the help they need due to job loss and the cutbacks in services. In the metropolitan Chicago region, they are often referred to Cathedral Counseling Center. The availability of affordable, professional mental health services at Cathedral Counseling Center enables them to face these difficult times without becoming overwhelmed by their emotional reactions, or resorting to destructive behaviors such as domestic violence, alcohol abuse, or drug addiction.

Greg’s Story: When Greg returned to the U.S. from his last tour of duty in Afghanistan, he decided to finish his undergraduate degree at a local college. After a couple of months, he went to the student health center because he was very nervous, not sleeping well and struggling with the transition to college life. A counselor there referred him to Cathedral Counseling Center where the intake coordinator paired him with a therapist who specializes in treating post-traumatic stress disorders.

Although it has been hard, Greg’s work with his therapist, along with one of our psychiatrist’s help with medication, is helping him to understand and manage the effects of the trauma he suffered. He is sleeping better and able to continue his studies, thanks to his own efforts and the efforts of his treatment team.

You are invited to Cathedral Counseling Center’s Fall Gathering

Save the date: Tuesday, October 4, 2011
5:30 – 7:30 P.M.
Details to Follow
**Key Accomplishments**

- Cathedral Counseling Center provided 17,554 therapy sessions, a 7% increase over the number provided in 2009.

- The average client fee went down to an average of $41.50 per session, 3% lower than the level we maintained for the previous 4 years. Effective cost management enabled us to meet our budget projections.

- Insurance billing activities were brought in-house in 2009 and we realized our first full year of budget impact in 2010. This change saves $30,000 in costs per year and adds $70,000 per year in revenue.

- New therapists Kim Hassenfeld, LCSW, Laurie Kabb, LCSW, and Karen Wertymer, LCSW, were brought on staff, along with psychiatrist Dr. Elise Rehn.

- We started a support group for the members of the first ECCS Julian Year group of volunteers, young adults who spend a year living with each other and interning in a community-based organization that addresses basic needs.

- We continued to run group sessions for women with histories of trauma as well as a consultation group for members of the clergy.

- The Professional Development workshop series had strong attendance and very favorable reviews, especially the presentation on the effects of social media on psychological development.

- We sponsored another intensive Sensorimotor Psychotherapy Institute training session. The training included four (4) three-day weekends and was attended by 18 professionals.

- Senior staff worked with six (6) advanced clinicians in our two-year Fellows Program and set up a clinical training and supervision program for our first post-doctoral psychologist.

- New directors were welcomed to the board: Patricia (PJ) Fiedler and Cynthia Hardie.

- During an economic time when many non-profits are not financially sound and having to reduce services, Cathedral Counseling Center is financially stable and growing.
We could not have cared for 1,016 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 2010 the average client fee was $41.50 per session and insurance contributed $31 per session. The cost to provide each therapy session was $88. Our donors contributed the $16 needed to provide each session.

We welcome the 60 donors who are new to our community, many of them contributing in memory of our friend and colleague Dr. Bob Buchanan. He established the Center’s psychiatric evaluation and medication management services, a crucial component in mental health that is often lacking in other agencies.

Our clients, staff and board 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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**In-Kind Donations were given by:**
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- SNR Denton US LLP
- Constance Wilson
WHO DID WE HELP THIS YEAR?

In 2010 Cathedral Counseling Center responded to over 1,200 calls for help and cared for 1,016 people by providing 17,554 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:

**Significant changes from 2009:**

- Clients under 30 years old increased from 36% to 41% of clients
- Clients with annual household incomes less than $20,000 increased from 46% to 55% of clients
Uses of funds

2010 Total = $1,543,654

Direct Services
$1,260,980

Fundraising
$52,756

Management
$229,918

Sources of operating revenue

2010 Total = $1,564,404

Client Fees and Insurance
$1,266,419

Other
$22,359

Episcopal Charities & Community Services
$65,000

Donations: Organizations
$106,292

Donations: Individuals
$104,334
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