

*Care and Counseling enhances emotional, relational and spiritual well-being through quality and affordable counseling, professional training and community education.*



## Adult Counseling

Care and Counseling provides spiritually integrated psychotherapy for adults facing issues such as depression, anxiety, grief, relationship problems, stress and low self-esteem. This year:

- 673 adults were served
- 7,955 hours were provided



## Children and Adolescent Counseling

Many children and teens face overwhelming challenges. Our counselors are able to work with them through play-and-talk therapy addressing their anxiety, eating disorders, depression, ADHD, emotional disorders and more. This year:

- 86 children were served
- 806 hours were provided



## Couples Counseling

Our goal is to assist couples to increase problem-solving skills, build trusting relationships, reduce levels of conflict and create healthier and more productive families in our community. This year:

- 136 couples were served
- 1,349 hours were provided



## Family Care

Counselors work with each family's needs by providing family counseling and psycho-education to enhance functioning as individuals and as a family unit. It is often in conjunction with individual child and adult therapies. This year:

- 36 families were served
- 314 hours were provided



## EAP Programs

Employee Assistance Programs are provided by employers at no cost to their employees. Each plan is slightly different, but with each, a counselor is provided to help an employee on a confidential basis for a pre-determined number of sessions. This year we provided EAP programs for:

- Schnucks, MICDS, John Burroughs School, Community School and the Episcopal Diocese of Missouri



## Clergy and Congregational Care

Care and Counseling provides numerous services specifically designed for clergy, congregations and judicatories. We provide pastoral counseling for seminarians, clergy and their families, as well as consultations and intervention services/mediation for congregations seeking outside help. We also offer training and support services to clergy through our Mental Health Training Collaborative (MHTC). In addition, we offer clergy candidate testing and evaluation that is a requirement of candidates seeking ordination. This year:

- 87 clergy, 14 clergy couples, 3 clergy families and 1 clergy child were served
- 1,366 hours of counseling were provided
- 25 clergy psychological tests were administered
- 12 consultations for 49 hours were provided
- Through the MHTC we served an additional 35 clergy in 4 groups



## Support Groups

Support groups provide an opportunity for individuals to work and share with other participants with the guidance of a trained professional. This year:

- 145 adults were served
- 5 support groups met for 125 sessions totalling 768 hours



## Clinical Training Program

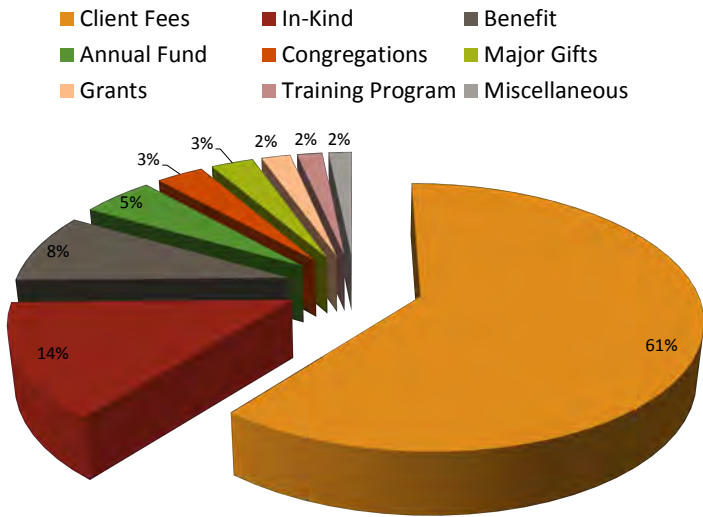
We conduct training for licensed counselors and those seeking licensure. This year:

- 35 internal and 63 community professionals attended 16 Seminar Series for 536 hours of training
- 10 people attended 33 training program classes 170 total hours

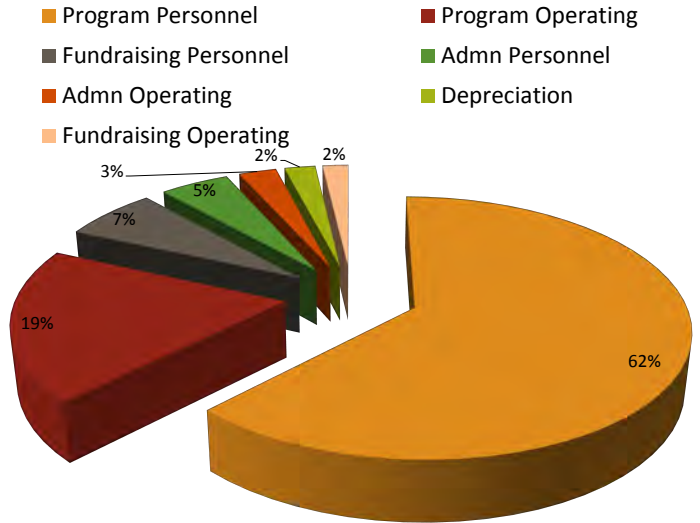
# Audited Financial Summary

Fiscal Year Ended August 31, 2013

## Income



## Expense



## Financial Facts

- 84% of expenses were program related
- 34% of clients were self-pay and 66% used insurance
- \$0 was the lowest fee and \$175 was the highest fee
- \$69.58 was the average fee collected, up 7% over last year
- 25% of income was from cash donations
- 11% of income was from in-kind donations
- 8% of expenses were administrative related
- 7% of expenses were fundraising related

## Counseling/General Facts

- Provided counseling to 1,332 people, up 9% over last year
- Provided 12,899 hours of counseling, up 5% over last year
- 159 children utilized the Cardinals Care play therapy room
- 64% of clients were women/36% of clients were men
- 1 adult & 1 child psychiatrist were on-site at the main center
- Celebrated 45 years of serving the St. Louis Community
- 300 people attended the benefit at The Palladium

## Training Program Facts

- 33 Training Program classes for 10 people attending 170 total hours
- 15 Case Conferences with 42 external attendees attending 73 total sessions, plus internal attendees
- 99 hours of internal supervision to 8 residents
- 27 sessions resulting 135 hours of group supervision to 8 residents
- 6 hours of internal practicum student supervision for 1 student
- 9 hours of new staff consultation

## Number of Counseling Sessions by Location

- Creve Coeur - 9,376 sessions
- Webster Groves - 720 sessions
- Tower Grove - 489 sessions
- O'Fallon - 259 sessions
- St. Charles - 180 sessions
- Ladue - 112 sessions
- West County - 66 sessions
- North County - 63 sessions
- University City - 30 sessions

Care and Counseling was founded in 1968 to combine the work of the Episcopal City Mission and Youth Counseling Service with the Metropolitan Church Federation's Counseling Center and the Counseling Center at Eden Theological Seminary.

Fun  
Fact

## Major Progress in FY 2012-13

### Mental Health Training Collaborative (MHTC) ~ Making Strides in Congregations

In times of crisis, clergy and religious professionals are often the first to be called. Congregations and communities look to these leaders as a resource for support in times of personal hardship, tragedy and disaster. In an effort to help support clergy and congregations, Care and Counseling, in partnership with Deaconess Parish Nurses, Committed Caring Faith Communities and Pathways to Promise has initiated the Mental Health Training Collaborative. This unique program provides mental health training to help pastors and religious professionals to better serve their communities.

What started out as just an idea has flourished into a comprehensive and growing support network amongst congregations and their communities. The MHTC currently has groups in North St. Louis City and County, South St. Louis City/County,

### New Clinical Director - Debbie Pearl Providing New Direction

Debbie Pearl took the reins as Clinical Director at the beginning of the fiscal year. During this year she has worked with Executive Director Dale Kuhn to coordinate the many programs that we offer for clients, staff and the community. Debbie is now leading five staff members who are charged with coordinating each specific program: Clergy and Congregational Care, Training, Seminar Series, EAP and Practicum/Intern Student programs.



She has worked to update the training manual and clinical handbook and implement new clinical policies and procedures. She also hired one new staff member to work in the University City and main offices.

Debbie has been instrumental in evaluating our new Electronic Medical Records (EMR) systems to comply with the new federal laws that mandates that all records be kept electronically by October 2014. In August we purchased the Valant EMR system that also includes a new billing system and new outcomes measurement tools - all that coordinates with each client's record. This enables us to have all patient information contained in one EMR system.

Debbie has worked to create more streamlined clinical processes for our clinical and administrative staff working together. She is also working on developing and expanding our presence in many of our satellite offices.

Franklin County and are beginning in St. Charles County, Montgomery City, and Carrolton, Illinois. Two leaders meet regularly with the groups which consist of six to 10 congregations. Each group is unique. Some have pastors, parish nurses, lay leaders or other religious members that attend. Most groups meet monthly. Each meeting consists of mental health education component, a "Case Study" brought by one of the pastors, and time for sharing and support.

In the past year, we have deepened our relationships with pastors and congregations and have formed collaborations with other agencies and groups in their areas including Harvest Food Table and a food pantry in Franklin County, The Crisis Nursery in North St. Louis County and a food kitchen located in Baden in North St. Louis City. Group leaders and volunteers involved in these groups have both benefitted from the vast knowledge each has to offer the other. Our work over the past year has truly been inspirational and rewarding for all involved.

We hope to expand this program into other areas in the coming years. If you would like information on how your congregation can become a part of an existing collaborative or if you are interested in forming one in your area, please contact us.

### New Three-Year Strategic Plan for Fiscal Years's 2013-2015

Board Chair Julia Muller led the way towards developing a new comprehensive strategic plan for the next three years. A board and management team retreat was held to outline plans for the future. Priorities are to:

- Provide additional support groups and workshops
- Provide more in-depth continuing education and leadership training for staff
- Replace parking lot and driveway, all carpeting, foyer area rug, awning and install new lighted signage on Ladue Road
- Build a larger reserve fund
- Increase marketing efforts to congregations, clergy, schools and physicians
- Increase size of the board to 30 members
- Increase effectiveness of website and social media

The  
Major  
Gifts  
Initiative  
raised  
\$585,000  
and  
made  
a  
BIG  
impact  
for  
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and  
Counseling  
clients  
and  
facilities

three

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Have you considered a legacy gift to benefit the mission of Care and Counseling long after you have passed on? Call Christine Vancil at (314) 336-1090 for more information on how you can help.

five

## Congregations

Church of St. Michael & St. George  
 Concordia Lutheran Church  
 Delmar Baptist Church  
 Episcopal Diocese of Missouri  
 First Congregational of Webster Groves  
 First Presbyterian Church of U City  
 Grace United Methodist Church  
 Ladue Chapel Presbyterian Church  
 Lutheran Church of the Atonement  
 Lutheran Church of the Good Shepherd  
 Lutheran Church of the Living Christ  
 New Hope Presbyterian Church  
 St. John's Evangelical UCC  
 St. Mark's Evangelical Lutheran Church  
 St. Peter's UCC  
 Webster Groves Presbyterian Church



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Our first benefits were under a tent at our main facility in Creve Coeur. For over 30 years the benefit has been our largest fundraiser - it now provides over \$100,000 for our low-fee counseling services.



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- Beverly Kuhn
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- Linda & Mark Wegmann
- Valerie & Jim Whitney
- In Honor of Marsha Steinback*
- Sharon Kirsch & Ed Rosen
- In Memory of William Helmkamp*
- Sharon Kirsch & Ed Rosen

84 cents of every dollar goes to help a family in crisis.



Care and Counseling reaches out to the community by providing counseling services in offices within seven different church facilities that each generously provides for our use. We own our building on Ladue Rd, and lease the land from the Episcopal Diocese of Missouri for an in-kind donation worth \$120,000 each year.

## FY 2012-2013 Locations

Administrative Office  
12141 Ladue Road  
Creve Coeur, MO 63141-8120  
(314) 878-4340 or (800) 677-3609  
Fax: (314) 878-4524  
info@careandcounseling.org  
www.careandcounseling.org

Ladue Office  
Ladue Chapel Presbyterian Church  
9450 Clayton Road  
St. Louis, MO 63124

South St. Louis City - Tower Grove Office  
Oak Hill Presbyterian Church  
4111 Connecticut Street  
St. Louis, MO 63116

North St. Louis County - Ferguson Office  
First Presbyterian Church of Ferguson  
401 Darst Road  
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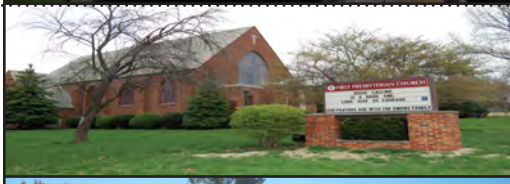
West St. Louis County - Ellisville Office  
St. Martin's Episcopal Church  
15764 Clayton Road  
Ellisville, MO 63011

University City Office  
Trinity Presbyterian Church  
6800 Washington  
St. Louis, MO 63130

Webster Groves Office  
Webster Groves Presbyterian Church  
45 West Lockwood Avenue  
St. Louis, MO 63119

St. Charles Office  
Trinity Episcopal Church  
318 S. Duchesne Road  
St. Charles, MO 63301

O'Fallon Office  
Lighthouse United Pentecostal Church  
835 West Terra Lane  
O'Fallon, MO 63366



## Location Facts

Our first location was on the second floor of a store front on Euclid Ave. Our main center was first built on the Thompson Center property on Ladue Road in 1973. We had four ordained men as counselors. An additional 10,300 sq ft was added in 1988. We now have 24 counselors at this and eight other locations.

We established offices at the Ladue Chapel cottage in 1995 and we now have one counselor that sees clients at this location.

The office in the Tower Grove area opened in 1998. We have three offices and counselors at this location.

Our office in Ferguson opened in 2011 and closed at the end of 2013. A new office will open in Hazelwood in 2014.

The office in West St. Louis County opened in 2011 and now has two counselors seeing clients.

Our office in University City has been open since 2007. We have a new counselor seeing clients at this location.

Our Webster Groves office opened in 1995 and continues today with two counselors who are also members of the church.

The office in St. Charles City began in 2010 and now has two counselors seeing clients.

The O'Fallon office opened in 2013 due to an increased need in St. Charles County. Two counselors see clients at this location.

## 2012-2013 Board of Directors

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12141 Ladue Road, St. Louis, Missouri 63141-8120  
314.878.4340 ph • 800.677.3609 toll-free • 314.878.4524 fax  
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