



Adult Counseling

Care and Counseling provides spiritually integrated psychotherapy for adults facing issues such as depression, anxiety, grief, stress, low self-esteem, and relationship problems. **704 adults were provided with 7,803 hours of counseling during our 2009-10 fiscal year.**

Children and Adolescent Counseling

Many children and teens face overwhelming challenges. Our trained clinicians are able to work with them through play and talk therapy addressing their anxiety, eating disorders, depression, ADHD, emotional disorders and more. **During 2009-10 we helped 80 children through 780 hours of counseling.**

Couples Counseling

Our goal is to assist couples to increase problem-solving skills, build trusting relationships, reduce levels of conflict and produce healthier and more productive families in our community. **We provided 1,502 hours of counseling to 180 couples during 2009-10.**

Family Care

Therapists work with each family's individualized needs by providing psychotherapy, psycho-education and family systems work to enhance functioning as individuals and as the family unit. **Care and Counseling facilitated 258 hours of counseling to 33 families, often in conjunction with individual child and adult therapies, during 2009-10.**

Clinical Training Program

We conducted over 300 hours of training sessions and supervision to clinical professionals and clergy.

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 clergy candidate testing and evaluation, which is a requirement of candidates seeking ordination. **During 2009-10 we provided 20 clergy 357 sessions of individual and couples counseling; administered 14 clergy psychological tests and provided 20 consultations to 4 congregations.**

Support Groups

Support groups provide individuals an opportunity to work and share with other participants with the guidance of a trained professional. **We provided 5 different support groups with 81 adults attending 132 sessions during 2009-10.**

EAP Programs

Employee Assistance Programs are provided by employers at no cost to their employees. Each plan is slightly different, but with each, a professional therapist is provided to help an employee on a confidential basis for a pre-determined number of sessions. **During 2009-10 Care and Counseling provided EAP services to Schnucks, MICDS and the Episcopal Diocese of MO.**

Community Outreach

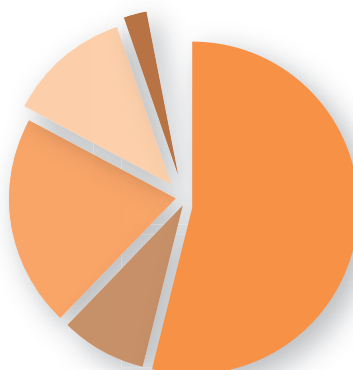
Care and Counseling offered more than 100 community education programs, reaching more than 8,000 individuals.



Audited Financial Summary: FY 2009-2010

Fiscal Year Ended August 31, 2010

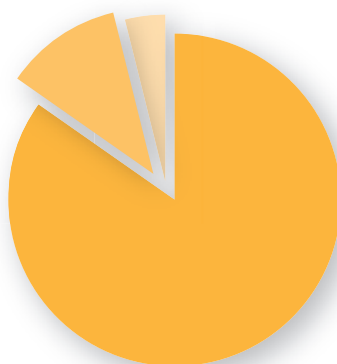
Income



- Program \$771,060
- Benefit \$92,336
- Other Giving \$292,387
- In-kind Giving \$165,519
- Misc. Income \$34,510

Total Income \$1,355,812

Expense



- Program \$1,045,672
- General & Admin \$103,579
- Fundraising \$124,125

Total Expense \$1,273,376

The Year in Review

A surplus of \$82,436 was due to:

- an increase in contributed monies, including major gifts;
- a decrease of operational expenses through administrative restructuring;
- an increase in staff psychotherapists.

Looking Forward

The board and staff are committed to:

- continuing collaboration with Pathways to Promise, Deaconess Parish Nurses and Caring Committed Faith Communities (as well as others) forming the St. Louis Mental Health Training Cooperative to provide training, education and support to pastors to implement Mental Health Teams in congregations;
- continuing to grow the major gifts program designed to increase funding for significant programs, technology, building upkeep and reserves;
- building an endowment;
- launching newly designed programs for: Clergy and Congregational Care and Consultation, rural pastoral counseling and urban counseling for the underserved.

Thank You for Your 2009-2010 Generous Donations

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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.

four

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



Care and Counseling Facts

- Served 1,279 individuals
- Provided 10,935 hours of counseling
- 45% of clients received a sliding scale fee
- \$0 was the lowest fee collected
- \$66.43 was the average fee collected
- 82% of all expenses were program related
- 37% of income is from donations
- 4 psychiatrists are on-site at the main center
- Cardinals Care play therapy room was utilized
- Served the St. Louis community for 42 years

FY 2009-2010 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

South St. Louis City-Carondolet Office

The Connection United Methodist
6701 Virginia Ave.
St. Louis MO 63111

West St. Louis County - Ellisville Office

St. Martin's Episcopal Church
15764 Clayton Rd
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

Alton, Illinois, Office

College Avenue Presbyterian Church
1710 Clawson Street, Unit #4
Alton, IL 62002

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Linda Horne, MD, Psychiatrist
Sundeeep Jayaprabhu, MD, Psychiatrist
Ranuka Patel, MD, Child Psychiatrist
Ron Scott, PhD, Psychologist

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