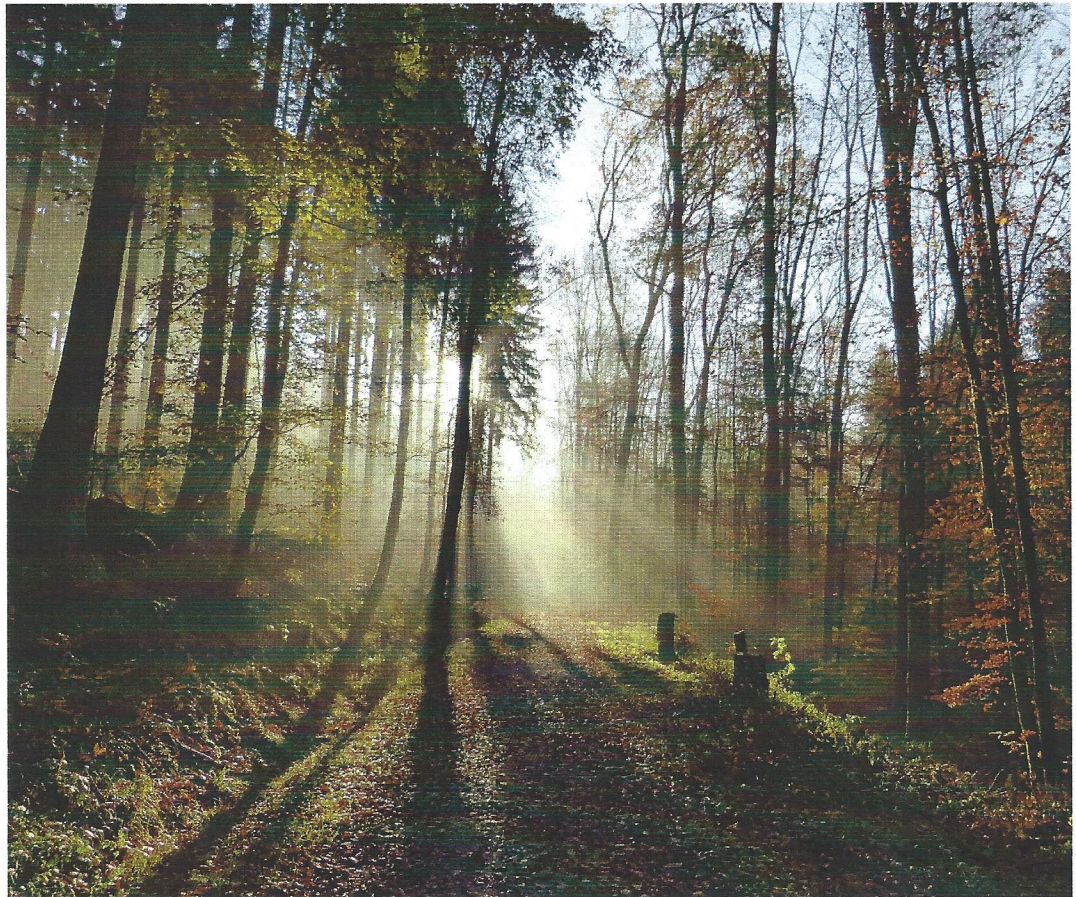


# Annual Report 2014

Christian Counseling Center of Cumberland County



*Light for Your Healing Journey*



*Christian Counseling Center's Mission: Providing  
affordable, professional  
mental health and relationship  
counseling from a  
Christian perspective  
to encourage and empower all in our community  
to live full and meaningful lives.*

*From our Executive Director's Desk*

Dear Friends,

I thank God for all of the gifts of our board leadership, the many who supported our work, and especially our clients, who trusted us to help them move toward wholeness. Our focus this year has included continued provision of high quality counseling services, ensuring the agency's financial stability, and increasing public awareness.

Although one of our counselors resigned to accept a full time position elsewhere, we also welcomed a new counselor to our office. Her addition has again provided a full complement of skilled and dedicated therapists to serve our many clients.

The generosity of the community, our successful fundraiser, and the many grants we were awarded has allowed Christian Counseling Center to continue to provide exceptional counseling services for the 175 men, women, children, teens, and couples who graced us with the privilege of participating in and witnessing their journeys of healing. Their trust in us is truly a blessing.

Please consider the ways you may want to partner with us in 2015, so we can continue to provide a healing presence to our community.

Warmly,  
Carol J Donalson, LPC  
Carol J. Donalson, LPC  
Executive/Clinical Director



**The Community We Served in 2014**

Total number of clients	175
Total number of new clients	122
Clients showing improvement	93%
Median income in TN	\$44,298
Median Income in our service area	\$33,601
Median income in Crossville	\$27,273
Median Income of our clients	\$20,000
Clients reporting no income	10%
Percentage of TN population below poverty line	17.6%
Clients with income below the poverty line	37
Average hourly fee our clients paid	\$24.58

**Presenting Issues in 2014**

- ▶ Family issues, including parenting and relationship distress
- ▶ Depression, sometimes considering or having attempted suicide
- ▶ Child abuse
- ▶ Anxiety and stress
- ▶ Substance abuse of client or family
- ▶ Grief and loss

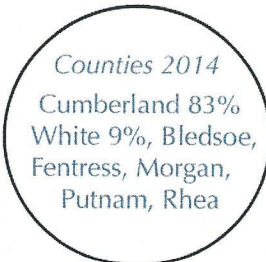
**From A Referring Minister:**

*"The Christian Counseling Center of Cumberland County provides a vital service to persons who are struggling with life in a multitude of situations as well as a valuable resource for our local churches. Because of the diversity of the county population, Executive Director Carol Donalson and her counseling team find themselves, variously, ministering to wealthy retirees and some of the poorest people in Appalachia."*



**How clients learn about us:**

- Former clients and friends — 30%
- Area churches — 13%
- Medical and mental health providers — 18%
- Other agencies — 7%
- Community outreach efforts — 14%
- Our web site and on line search — 17%



*Reflections from our Board President*

As I reflect over 2014, I first thank God for providing Christian Counseling Center of Cumberland County (C5) with a great group of counselors and a strong Board of Directors. C5 continues to be responsive to mental health issues in the community. Our experienced Executive Director has taken a leadership role with an Interagency Council of organizations that serve the needs of the population. This cooperative effort among the agencies serves as a catalyst for improved interagency communication and facilitates referrals within the service community. Since Mental Health issues are related to various socioeconomic issues, having an advocate for such services within the larger service community is an important first step to directing services to the proper counseling resources.

The Board took a significant step forward in 2014 to add a part-time Community Relations Coordinator to the team. The person filling the role has begun an

expansion of our outreach to heretofore untouched referral sources and potential supporting organizations. The Board has also reached a milestone this year with financial stability due to successful fund raising efforts conducted throughout the year.

The Board's Strategic Plan has been, and will continue to be, updated regularly with an eye toward the changing demands of society and the shifting of mental health issues confronting our community. Our Board recognizes constant dependence on prayer must remain the bedrock upon which all plans and solutions of problems must be based. It is incumbent upon all involved with the C5 organization to be in constant prayer for the work of the Center.

Respectfully,

*Edward J DeVries*

Edward J. DeVries, President of the Board

**Focus on Priorities in 2014**

During 2014, the focus of our Board of Directors and staff has centered on three important parts of our strategic plan: *quality, visibility, and sustainability.*

◆ **Quality**

Providing the highest quality counseling in the vicinity has long been a goal. To this end, only counselors who hold a master's

degree and their Tennessee license in a mental health field, or those who are working toward that license, are part of the team.

◆ **Visibility**

Providing excellent services is not enough if no one knows. This year's hiring of our Community Relations Coordinator is already increasing the knowledge of our services to the community. This effort will continue in 2015.

◆ **Sustainability**

To assure Christian Counseling Center has the resources to continue its work, a concerted effort to increase both our grant income and our fundraising income was undertaken. This year, for the first time in our history, we were able to set aside an operating reserve fund, consistent with nonprofit best practices.

*"By providing counseling for children, teens, and adults in dire need of help, the staff makes a difference in lives broken by many mental health concerns. And best of all, fees are on a sliding scale according to families' ability to pay."*  
*A board member*

**Board Members during 2014**

Bill Atkinson  
Member at Large  
Ann Callahan  
Member at Large

Don Chrobot  
St. Francis of Assisi  
Ed DeVries  
Member at Large  
Paul Forsythe  
Member at Large  
Sallie Guy  
Westminster Presbyterian

Connie Hall  
FFG United Methodist  
Magdalena Horstkotte  
Member at Large  
Joe Nilsen  
Christ Lutheran  
Mike Parli  
Christ Lutheran

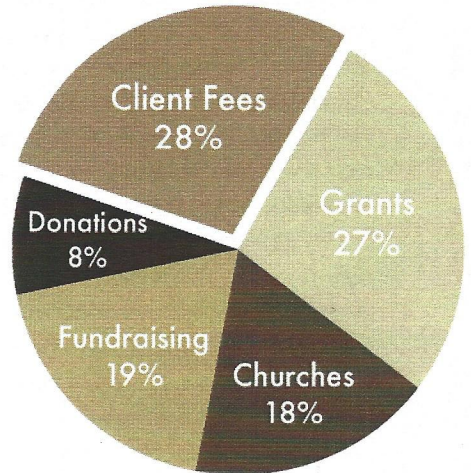
Joan Raker  
FFG United Methodist  
Vicky Rohrer  
Westminster Presbyterian  
Fred Wong  
FFG Community  
Sommer Worley  
First United Methodist

# Annual Report 2014

Christian Counseling Center of Cumberland County

## Where Our Resources Came From in 2014

<u>Our Generous Donors in 2014</u>	<u>Amount</u>
Christ Lutheran	\$4,500
FFG Community Church	\$1,000
FFG United Methodist	\$5,100
First United Methodist, Crossville	\$600
St. Francis of Assisi	\$2,300
Westminster Presbyterian	\$300
VECcustomers Share Grant	\$1,000
Middle TN Gas Hometown Help	\$1,200
United Fund Grant	\$10,000
Baptist Healing Trust Grant	\$6,000
Community Foundation Grant	\$2,750
Fundraising	\$14,214
Individual and Organization Contributions	\$6,501



From our Clients:

*"Even though we love each other VERY much, we were having trouble communicating and expressing our feelings and needs to each other. With our counselor's help through recommended books, exercises, instructions and insights, we were able to be the couple we wanted to be. We will both be forever grateful to Carol Donalson and Christian Counseling Center for being there for us. She was always professional, impartial, and was able to listen and feed back to each other what we heard and what we wanted. We are so much more in love today than a year ago and looking forward to the rest of our lives with each other."*

*Two Senior Citizens*

From our Clients:

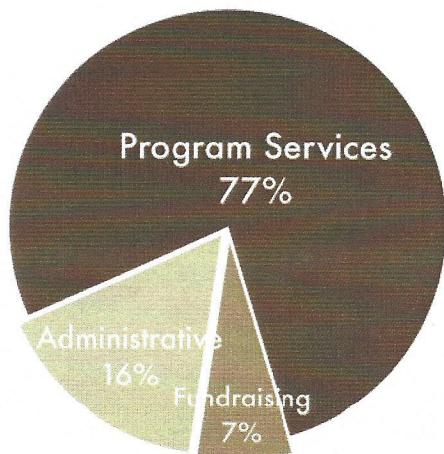
*"Christian Counseling Center saved my life. They are so incredible and help so many people. It was nice to know there was someone there to help me when I needed it."*

*Female, Age 16*

### How Can We Help YOU?

*Christian Counseling Center is available to provide a speaker for your group function or meet with you individually to help you learn more about what we do. If you are interested in learning more, please call us at 931-707-8200 and leave a message for our Director.*

## Using Resources Wisely



## Christian Counseling Center

of Cumberland County

348 Taylor St., Suite 105

Crossville, TN 38555

931-707-8200



[www.mycounselingcenter.org](http://www.mycounselingcenter.org)

Christian Counseling Center is a 501(c)(3) nonprofit agency. We are partially funded by six area churches, generous grants from United Fund, Baptist Healing Trust, Community Foundation of Middle TN, VECcustomers Share, Middle TN Gas Hometown Help and individual donor contributions.