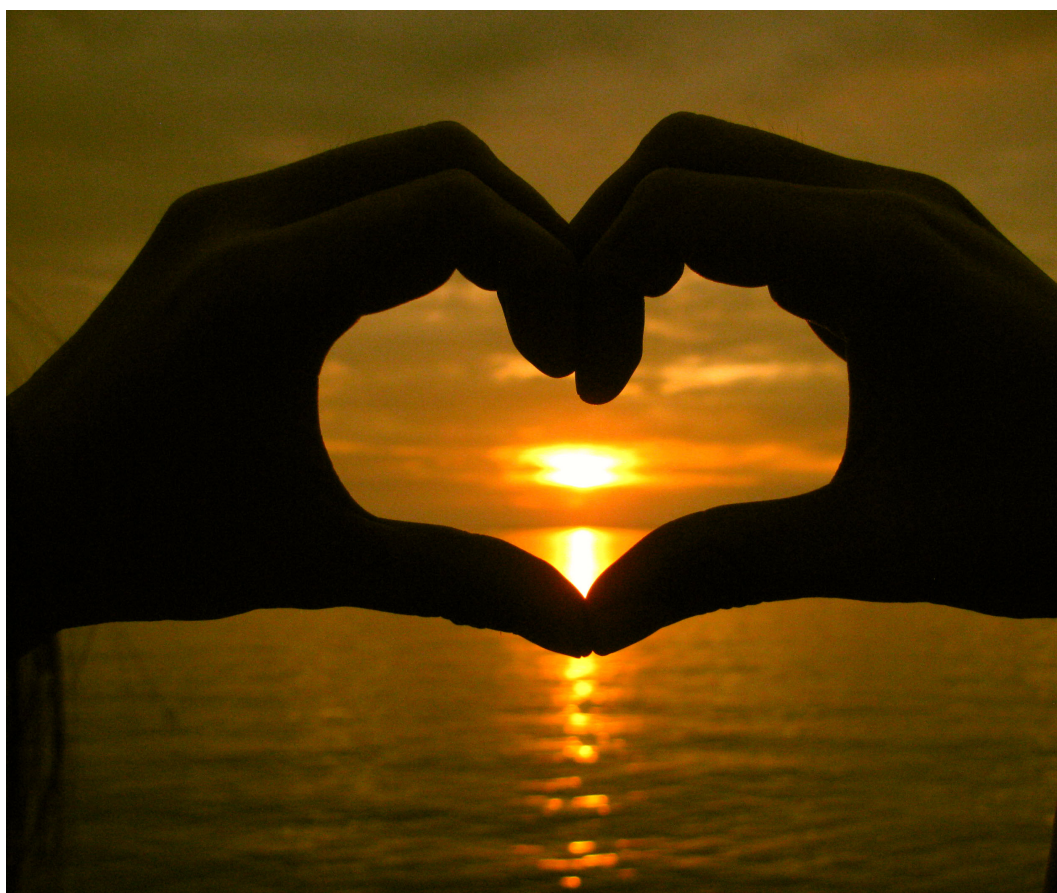


# Annual Report 2015

Christian Counseling Center of Cumberland County



*Healing Hearts and Minds*



*Christian Counseling Center's Mission:*  
*Healing Hearts and Minds*

*We believe that everyone, regardless of income,  
deserves a chance to find hope and healing  
through counseling*



## From our Executive Director's Desk

### *Dear Friends of Christian Counseling Center,*

I am so blessed to have been providing leadership for Christian Counseling Center's work in our community for going on 10 years.

As 2015 drew to a close, we were surprised and gratified by the growth in our services. In spite of the February ice storm, which closed our office for two weeks, we provided just over 1,000 hours of counseling to 187 clients.

We could not have done this without the many ways our work has been supported by our community. through donating to fill the need, attending our fundraising events, sitting on our Board of Directors, and volunteering time and effort to make a difference. Our board has

worked very hard this year to provide the vision to serve all who need it and to find the funding to support that vision.

Most of all, though, I thank God who continues to bless the vision, and those in our community who spread the word about us to those who need to know. We are blessed that so many in our community think so highly of our work.

Please consider the ways you may want to partner with us in 2016, so we can continue to provide a healing presence in our community.

Warmly,

Carol J Donalson, LPC

Carol J. Donalson

Executive/Clinical Director



## Serving Our Community

1001

Hours provided

167

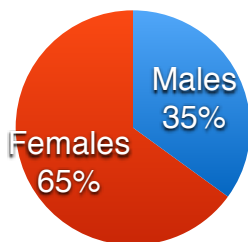
Clients Served

6

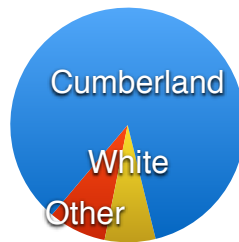
Average Counseling  
Hours per Client

\$24.56

Average Fee  
per hour

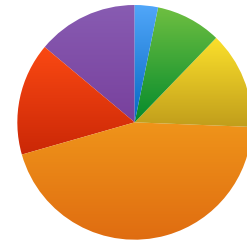


Gender



Counties

Other: Bledsoe, Fentress,  
Morgan, Putnam, Rhea,  
Roane, Van Buren



Ages

0-5	3.2%
6-12	9.1%
13-19	13.4%
20-54	44.9%
55-64	15.5%
65+	13.9%

### Referral Sources

34%	Current and former clients, family and friends
22%	Community outreach efforts*
17%	Our website and on line search
13%	Medical/mental health providers
7%	Area churches
7%	Other agencies (government/nonprofit)

\*Brochures, health fairs, PSAs, newspaper, phone book

### Presenting Issues

Addiction, ADHD, Anger Management, Anxiety, Behavioral Issues, Career, Caregiving, Child Abuse, Chronic Illness, Cutting, Depression, Divorce and Stepfamily Adjustment, Family Relationships, Grief and Loss, Marital Distress, OCD, Parenting, Personality Disorders, Pre-Marital Counseling, Mental Illness of Family Member, Self-esteem, Sexual Abuse, Spiritual Issues, Stress, Suicidal Thoughts, Trauma

### How Can We Serve 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.*

### From our Board President's Desk

"God is great, God is good...." This beginning of this familiar prayer recited by children before meals is often a formality. But millennia before, the Psalmist wrote in Psalm 31:19, (NIV) "How great is your goodness which you have stored up for those who fear you, which you bestow in the sight of men on those who take refuge in you."

As the retiring President of the Board, although I can't even imagine how 'Great' God is, I can attest to the fact that God has definitely been 'Good' in remarkable ways to Christian Counseling Center! Just witness

with me the work of the dedicated counselors and Carol Donalson, it's devoted Executive Director.

God provided a group of concerned and committed Board Members and Auxiliary friends to diligently oversee the operations and insure the continued financial strength of the ministry. God provided financial gifts and prayers to bring just what was needed when it was needed!

And the need continues to be great. Demand for our services demonstrates a clear upward trendline. Community professionals acknowledge the quality of counseling provided, even for very difficult cases. Satisfied clients are at the top of the referral leaderboard. Most importantly, our clients see real life results! Lives have been saved, family units have been restored. A child's smile returns, tears of grief are dried, job and school performances restored. These are the measures that make the entire program worthy of all of our ongoing investment of prayers, time and money.

As Christian Counseling Center moves into it's 15th year, the demand for God-blessed Christian counseling in this community is increasing. Your prayers are coveted for the newly elected Board President, Sandra Dutcher, the 2016 Leadership Team and the daily efforts of our counselors. Your continued financial support will insure more success stories for our neighbors in Cumberland County and it's surrounding areas.

At Christian Counseling Center, we know that "God IS Good, All the Time; All the time, God is Good!" We give God ALL the glory for the wonders he has performed, just as He promised.

Sincerely,

Edward J. DeVries, Ph.D.  
Retiring Board President

#### What our clients tell us . . .

"It's so reassuring to know there is someone there to help when I need it."

"Thank you for helping me care about me. My self-esteem has skyrocketed."

"Thank you for your words of wisdom. I am finding my joy and getting my smile back."

"You have given me so much wisdom, love, and kindness. I can see how much I've grown."

"I think of you often. Because knowing you has changed my life."

"You never gave up on me, even when I wanted to give up on myself."

### Board Members during 2015

Bill Atkinson  
Member at Large  
Ann Callahan  
Member at Large

Don Chrobot  
St. Francis of Assisi  
Ed DeVries  
Member at Large  
Sandie Dutcher  
Member at Large  
Connie Hall  
FFG United Methodist

Steve Hill  
Westminster Presbyterian  
Joe Nilsen  
Christ Lutheran  
Tom Pate  
Member at Large  
Joan Raker  
FFG United Methodist

Vicky Rohrer  
Westminster Presbyterian  
Cathy Tipton  
Member at Large  
Fred Wong  
FFG Community  
Sommer Worley  
First United Methodist

## Support from Our Community

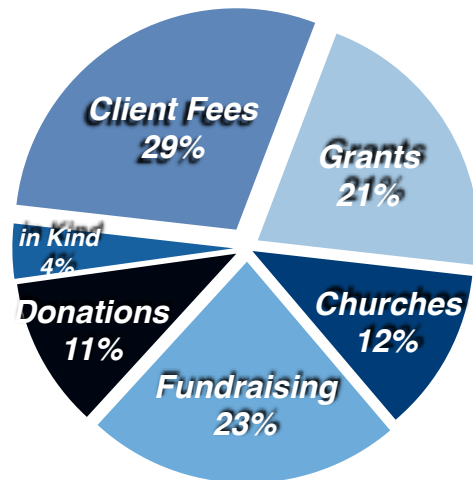
### Churches

Christ Lutheran Church  
Crossville First United Methodist Church  
Fairfield Glade First Baptist Church  
Fairfield Glade Community Church  
Fairfield Glade United Methodist Church  
St. Francis of Assisi Roman Catholic Church  
Westminster Presbyterian Church

### Foundations and Civic Groups

Baptist Healing Trust  
Fairfield Glade Ladies Club  
Fairfield Glade Rotary Club  
Knights of Columbus  
Middle TN Natural Gas Project Hometown Help  
VECcustomers Share  
United Fund of Cumberland County

## Supporting our Ministry

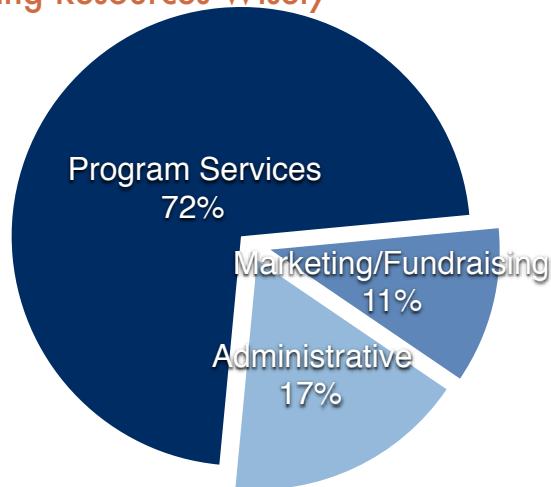


Total Income \$85,671

## Why we need Christian Counseling Center

- Depression is the leading cause of disability worldwide.
- One third of adults each year have a mental health or substance abuse issue.
- Only 43% of those in need of treatment get help.
- Forty percent of those who don't get help, cite cost as the reason.
- 500,000 Tennesseans have no insurance, and marriage and family counseling are not covered at all.

## Using Resources Wisely



Total Expenses \$86,482

## What our community says about us . . .

"It's been so helpful to know we have a local agency to provide competent Christian-based counseling for people in our community."

"We are very blessed to have affordable counseling services with licensed mental health professionals here in Crossville. We have much need for you."

"I am pleased to be able to refer people to Christian Counseling Center where I know this wonderful group of caring people will be able to minister to their needs."

"I have been extremely impressed by the quality of service provided, the competence of the counselors, and their adherence to the best of Christian and therapeutic counseling principles."

"... one of the most valuable service organizations we have. They make a difference in lives broken by many mental health problems. And best of all, fees are affordable."

## 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. Photos courtesy of Dreamtime, Fotolia, imagery majestic at FreeStockPhotos, and image base.