

Annual Report 2016

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 or faith,
deserves a chance to find hope and healing
through counseling*



Special Thanks to the Following:

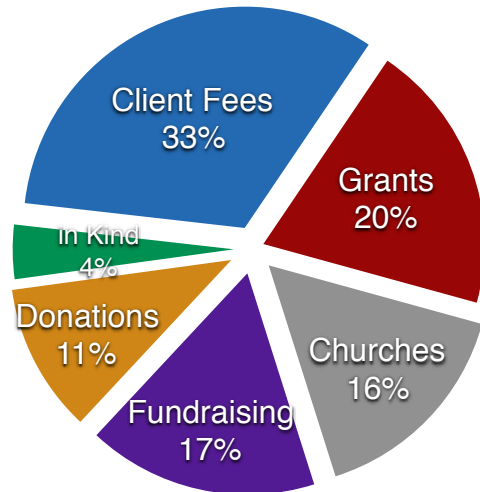
Churches

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
St. Raphael's Episcopal Church
Westminster Presbyterian Church

Foundations and Civic Groups

Blue Cross Blue Shield of Tennessee
Fairfield Glade Rotary
Knights of Columbus
Middle TN Natural Gas Project Hometown Help
Southern Stars Symphonic Brass
The Healing Trust
Volunteer Electric Customers Share
United Fund of Cumberland County

Supporting our Ministry

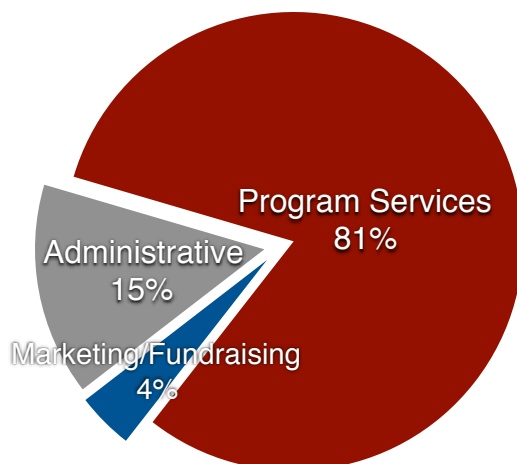


Total Income \$82,776

Why we need Christian Counseling Center

- Depression is the leading cause of disability worldwide.
- One third of adults each year need help for mental health or substance abuse issues.
- Only 43% of those in need of treatment get help.
- 40% of those who don't get help cite cost as the reason.
- 500,000 Tennesseans have no insurance.
- Many who are insured cannot afford counseling because deductibles are prohibitively high.
- Marriage and family counseling are not covered by insurance.

Using Resources Wisely



Total Expenses \$74,362

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.



CHRISTIAN COUNSELING CENTER
of Cumberland County
348 Taylor St., Suite 105
Crossville, TN 38555
931-707-8200

www.mycounselingcenter.org

Christian Counseling Center is a 501(c)(3) nonprofit agency. Photos courtesy of Dreamtime, Fotolia, imagery majestic at FreeStockPhotos, Pexels, and image base.

"We shouldn't be here!" Reviewing Our Unlikely History

Christian Counseling Center began with the recognition of a need. In 2001, Cumberland County was officially on the federal list of underserved areas for mental health provision. Many local ministers were attempting to fill the gap, and Cumberland Mountain Mental Health did its best to serve the many needs. But many in our local churches saw that more help was needed.

In recognition of the great need, concerned persons representing 8 local churches met to discuss formation of a counseling center in Crossville. From that meeting, Christian Counseling Center was born.

Our first counselors, Pat Reis, LMFT and Carl Gundersen, LCSW, began seeing clients in September of 2002.

Since then our little agency has provided **8537 HOURS OF SERVICE HEALING HEARTS AND MINDS** in Cumberland and surrounding counties. For a ministry that began with 2 patio chairs and provided only 5 hours of counseling in the first month, we have been incredibly blessed.

Our first board of directors adopted an underlying principle of our work: the Center will not refuse services to any person based on his or her inability to pay. Even in that first year, client fees provided only about a third of every hour of service. This ratio has proven to predict the extent of our need for funding ever since.

During 2016, that principle of providing affordable care to all almost outstripped our ability to keep our doors open. By mid-year, our numbers had shown a 30% to 40% increase over 2015. We were wondering if we would keep our doors open until the end of the year! But throughout our history, no matter how impossible things looked, we have seen with our own eyes that nothing is impossible with God.

We stepped out in faith, prayed for God's leading, and reached out to our donors. Many came through with generous donations. By year end, not only had we provided more hours to more clients than ever, we were able to do so with a small reserve fund for emergencies.

Thanks be to God.

What Our Clients Struggle With . . .

Abuse: Physical, Sexual, Emotional or Spousal Abuse Victims

Substance Abuse and Addiction: Client's or Family Member's

Anxiety Disorders: Generalized Anxiety, Obsessive Compulsive Disorder Social Anxiety, Post Traumatic Stress Disorder

Behavioral Issues: Attention Deficit Hyperactivity, Anger Management

Career and Educational Decisions

Family Issues: Adoption, Affairs, Divorce and Stepfamily Adjustment, Family Conflict, Marital Distress, Parenting.

Life Stressors: Caregiving, Chronic Illness, Grief and Loss, Coping with Change

Mood Disorders: Depression, Bipolar Disorder, Suicidal Thoughts, Seasonal Affective Disorder, Post-Partum Depression

Personality Disorders

Self-esteem

Spiritual Issues

Where Clients Learned About Us in 2016

42% Current and former clients, family and friends

17% Our website and on line search engines

12% Area churches

10% Community outreach efforts*

8% Other agencies (government/nonprofit)

7% Medical/mental health providers

* Brochures, signage, PSAs, newspaper, phone book

Serving Our Community in 2016

1065

Hours provided

212

Clients Served

6

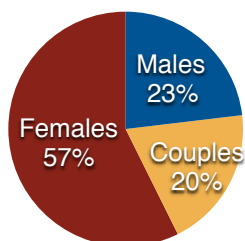
Average Hours
per Client

\$25.07

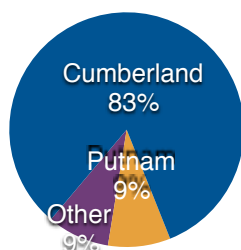
Average Fee
per Hour

\$67.15

Total Cost
per Hour

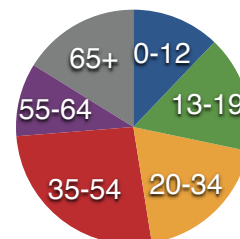


Gender



Counties

Other: Bledsoe, Fentress,
Morgan,, Rhea, White,
and Van Buren



Ages

0-12 12%
13-19 15%
20-34 33%
35-54 27%
55-64 11%
65+ 16%



A message from our Executive Director's Desk . . .

Dear Friends, Donors, Grantors, and Partners in Healing,

This is my 10th year as your Executive and Clinical Director. My time as your Director has been filled with both frustrations and great joys. I am especially grateful to all of those who have recommended our services to others during 2016 and in years past.

Our reputation in the community remains sterling. Our referral sources grow each year. As has been the case for a long time, close to half of our referrals have come from former clients or family and friends. We are continuing to grow in our outreach to churches in the community.

2016 has been another year providing more hours of service to more clients than ever before. Our board has been able to fulfill many of the objectives our Strategic Objectives set forth, and their loyal support is invaluable to our continued ability to provide the services our community so desperately needs. One important objective was fulfilled by the addition of a new grant, from Blue Cross Blue Shield of Tennessee.

Our counselors continue to offer counseling six days a week and some evenings. Adding to our offerings here in Cumberland County, we were blessed to be offered a place to see clients in Cookeville, TN at The River Community Church. Since a number of our clients already came from Putnam County, and this has allowed us to meet their needs closer to home.

Our 1st Annual Harmony with a Twist event offered the community both a wonderful evening of music and a greater understanding of our impact on the lives of their friends and neighbors. If you missed it, we invite you to attend in 2017.

All in all, it has been a wonderful year. To God be the glory.

In His Service,

Carol J. Donalson, LPC-MHSP

Board Members during 2016

Don Chrobot
St. Francis of Assisi

Sandie Dutcher
Member at Large

Steve Frantzen
Member at Large

Steve Hill
Westminster Presbyterian

Joe Nilsen
Christ Lutheran

Dave Parkinson
Member at Large

Joan Raker
FFG United Methodist

Chris Sikorski
Member at Large

Cathy Tipton
Member at Large

Diane Wages
FFG Community

Fred Wong
FFG Community