

ANNUAL REPORT

FISCAL YEAR 2019



Creating a Ripple of Change

www.centrepointecounseling.org

Introduction

Letter from the Executive Director

Greetings. I began as the new Executive Director of CentrePointe Counseling in September of 2019. In just the first few weeks, I came to appreciate the work of CentrePointe's counselors and administrative staff. Of equal importance is the community that these workers form. The level of integrity among CentrePointe's staff is remarkable, and our counselors are both skilled and caring, shaped by the love of Christ and the hope of restoration He brings.


The Board, church partners, organizations, and donors who have supported CentrePointe have made the work of our counselors possible. It speaks to their desire to see affordable mental health care provided by Christian practitioners, and for it to make an impact in the area.

Toward the beginning of Fiscal Year 2019, CentrePointe adjusted to the transition of administrative tasks to an outside contractor. The result is an efficient and informed administrative system, and one that continues to evolve as we incorporate best practices to benefit clients.

I look forward to the year ahead: fundraising will become a chief focus, and a greater variety of services will become available in order to meet the growing demand for CentrePointe counselors.

I hope and pray that you will join us on the journey ahead.

In Christ,



Helen Kim
Executive Director

Letter from the Board President

As followers of Christ, we're forward-looking people. We gaze toward the future, confident that the God who has come to us through Jesus will come again to complete what he has started. We don't lose sight of the past. On the contrary, we recall it with gratitude, because that's where God has met us and worked among us. But we do more than simply remember; we anticipate. We live with a sense of expectancy. God's faithfulness means that we cultivate both memory and hope.

During my nearly fifteen years on our Board of Directors, I've witnessed God's faithfulness to CentrePointe in a multitude of ways. This year's developments are a prime example. Among the many signs of God's presence, our transition in leadership stands out most. We gave thanks for Kim Cook, who concluded her work with us, and we called Helen Kim to serve as our new Executive Director. Throughout our search process, we looked to and relied upon the leadership of God, counting on the Lord's steadfast love to guide us into the next phase of our ministry together.

So following Jesus has brought us here, to the early stages of our partnership with Helen. And you're an important part of our fellowship and our future. We're thankful to have you with us as we continue forward in faith.

Respectfully,



Rev. Kevin Holder
President, Board of Directors



CentrePointe Counseling's mission is to bring mental health care and awareness to Maryland, Washington, DC, and Virginia; and to make counseling available to anyone no matter their ability to pay.

CentrePointe is...

An agency for change:

Counseling is not about pain avoidance but about maximizing potential. In living with one another and in relation to creation, whether as couples or individuals, how do we listen to the inner world that motivates our behavior? Counseling connects what's going on in clients' lives with where they have problems with their inner journey.

– Thomas Rodgerson, PhD, LCPC



A community of counselors:

The chief strength of CentrePointe is the community of counselors; over the years counselors have left and others have come, but the attitude hasn't changed. I love going to staff meetings because my colleagues are part of my family. We have open and honest discussions on any topic—including taboo topics!

– Dan Holler, MS, LCSW-C

A place for affordable, quality care:

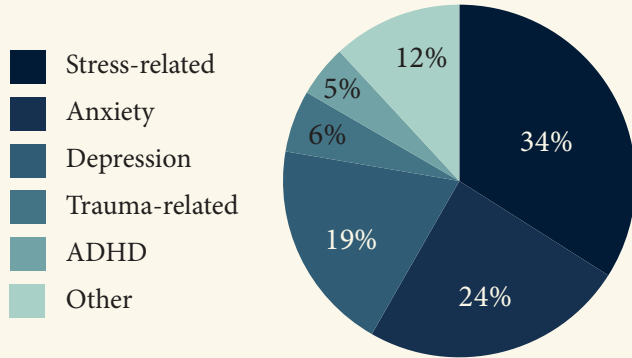
Taking insurance means we reach a broader base of people, making counseling affordable to everyone. All our counselors are licensed, and several are certified supervisors. Being licensed means we are subject to a required level of accountability and professionalism.

– Matt Raeder, MSW, LCSW-C



On Mission

CentrePointe Client Conditions



CentrePointe provides needed Christian counseling and services in a high-demand area. Clients have sought counseling for stress-related disorders, anxiety, and depression.

According to Mental Health America, 17 percent of Maryland adults had any mental health illness¹ in 2017, compared with 19 percent in Virginia and 21 percent in Washington, DC. This amounted to a combined total of 2.02 million people in the region.

In Maryland, 22 percent of all adults with a mental illness seeking treatment reported that they were not able to receive the treatment they needed. In Virginia this was 28 percent, and 25 percent in Washington, DC.²

The barriers for individuals seeking treatment include:

1. no insurance or limited coverage of services
2. overall undersized mental health workforce
3. disconnect between primary care systems and behavioral health systems
4. insufficient finances to cover costs including co-pays, uncovered treatment types, or when providers do not take insurance

CentrePointe works to overcome all of these barriers. Counseling is made affordable through insurance as well as through need-based grants. Collaboration with clergy, outside counselors, and physicians has resulted in many references. And CentrePointe recruits, supervises, and educates counselors.

Continuing Education

CentrePointe holds monthly Continuing Education seminars, available to practitioners in the area. Continuing Education Units are a requirement of counselors to maintain state licensure. CentrePointe counselors also lecture to church communities and local organizations to inform and build awareness about mental health issues impacting our contemporary context.

The Samaritan Fund

The Samaritan Fund is the mercy grant provided to clients who are unable to meet counseling fees, due to lack of insurance or high co-pay amounts. In FY 2019, over \$5,300 in grants provided care to 11 individuals or couples who could not afford it. Counselors take a reduced fee to see these clients. Additionally, sliding scale (reduced) fees and ministry grants have made counseling available to individuals to help cover the cost of counseling. The Samaritan Fund has great potential to grow and make a bigger impact throughout the region, and will be a targeted focus for fundraising efforts in the future.

We are extremely grateful for the generosity of our donors and sponsors, which makes CentrePointe's work possible and helps us reach those most in need seeking care. *Thank you!*

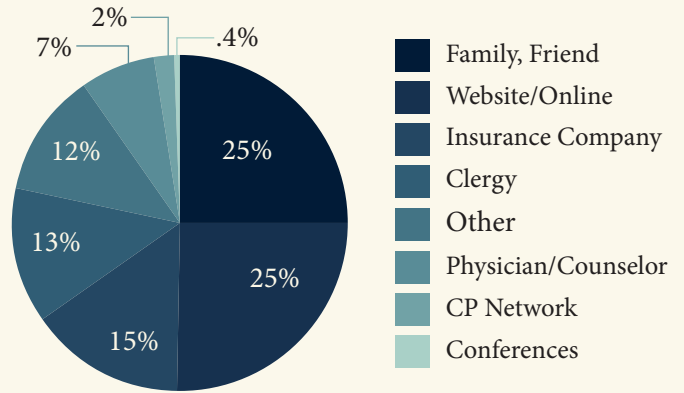
¹Any Mental Illness (AMI) is defined as having a diagnosable mental, behavioral, or emotional disorder, other than a developmental or substance use disorder. Any mental illness includes persons who have mild mental illness, moderate mental illness, and serious mental illness.

²The State of Mental Health in America 2020, Alexandria, VA: Mental Health America, 2019.

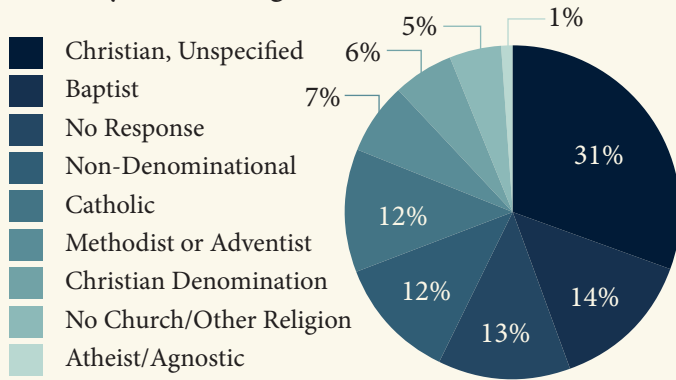
Client Trends

From July 2018 to June 2019, CentrePointe counselors saw close to 630 clients and couples. Clients found CentrePointe's counselors mainly through family and friends, web searches, and references from insurance companies (a combined total of 65 percent). Clergy, physicians, and other counselors have referred another 20 percent of clients.

Referral Source



Clients by Faith Background

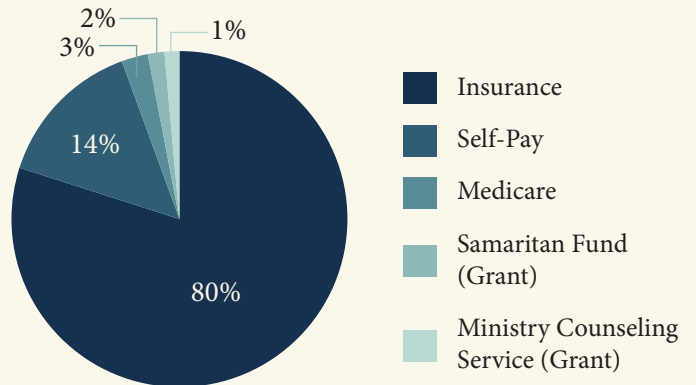


Clients come from a variety of faith backgrounds, though primarily Christian. Other than Baptist, the largest representation of Christian clients either do not specify a denomination or are non-denominational.

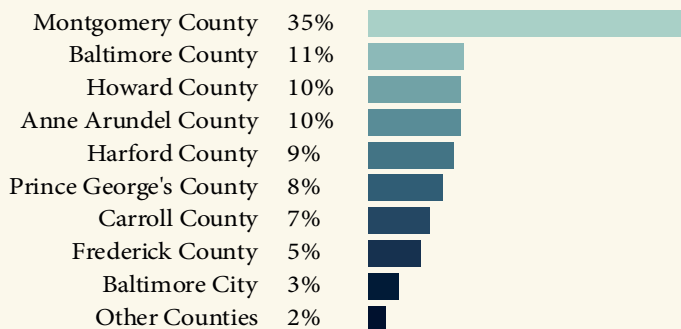
By far the largest portion of clients pay for counseling services through their insurance. CentrePointe's objective to make counseling financially accessible is reflected in the popularity of our services.

The Samaritan Fund and Ministry Counseling Service grants provide support for those who are unable to afford counseling or are unable to use insurance.

Client Payment Method



Client County of Residence



A large portion of clients reside in Montgomery County. The majority of clients reside in the area stretching from the Baltimore area to Washington, DC, and east toward Annapolis.

Financial Update

CentrePointe spent FY 2019 investing in improving its administrative services, so that counselors could serve clients in an updated, informed way and be compliant with regulatory requirements. This accounts for the increased administrative costs for the year.

Total income for FY 2019 was \$1.10 million, an increase of 6 percent from the previous year. This was chiefly driven by an increase in income from counseling and speaking fees (listed as Program Services).

Donors and foundations continued to provide critical support to CentrePointe (Contributions and Fundraising income).

Due to the mission of CentrePointe to provide affordable care by licensed professionals, CentrePointe's counselors attract many clients with limited ability to pay for sessions. Supplementing modest reimbursement returns by health insurance companies, grants and donations provide needed support to maintain quality service, while our church partners provide necessary space for our counselors' practices.

We are grateful for the support of our donors and partners.

FISCAL YEAR 2019

(July 2018–June 2019)

REVENUES

| | |
|-----------------------------|-----------|
| Program Services | \$958,619 |
| Donated Facilities | \$90,000 |
| Contributions & Fundraising | \$50,429 |
| Investment Income | \$4,476 |
| Gain on Sale of Assets | \$1,434 |

TOTAL REVENUE \$1,104,957

EXPENSES

| | |
|--------------------------|-----------|
| Program | \$924,907 |
| General & Administrative | \$191,534 |
| Fundraising | \$19,781 |

TOTAL EXPENSES \$1,136,222

CHANGE IN NET ASSETS (DEFICIT) (\$31,265)

NET ASSETS BEGINNING OF YEAR \$104,144

NET ASSETS END OF YEAR \$72,879

CentrePointe Counseling's financial statements were reviewed by independent accountants. See the full report for more information.

Thank you

FRIENDS OF CENTREPOINTE

Mid-Maryland Baptist Association, Montgomery Baptist Association, Kenneth & Charmaine Bandell, Jeanne Bayer, Kevin & Beth Bergstrom, Ed Bordewisch, Donald L. Browner, Conrad & Doris Burch, Carolyn & Dave Buresh, Russell & Deborah Burton, Timothy & Carol Cahall, Allen & Betty Sue Carter, Ronald & Rebecca Chambless, Kensington Baptist Church, Middle River Baptist Church, Parkville Baptist Church, Nancy & Matt Commeree, Robert & Kimberly Cook, Diane Gordon, Christine Green, Jose & Ann Roda Hernandez, Barbara High, Ray & Janice Hite, David & Catherine Hobbs, Kevin & Deborah Holder, Eric & Lindsay Holland, June Holland, Chris & Kaely Linker, Daniel & Lisa Miller, Carol & Harold Moore, John & Sharon Owen, Suzanne Riley, Peter & Gemma Rossoni, Robert Schwartz, Laurie & John Skipper, B. Louise Stellabotta, Don & Barbara Sweeney, Barbara Taylor, Ray & Doris Tobias, Raymond White, Lawrence & Denise Wilhelm

CHURCH PARTNERSHIP PROGRAM

CrossLife Community Church, Dunkirk Baptist Church, Emmanuel Baptist Church, Friendship Baptist of Sykesville, Grace Baptist Church, Mars Hill Baptist Church, Westminster Baptist Church

IN LOVING MEMORY

Ward Holland

by Carole and Harold Moore

E. A. Ritter

by Ronald and Rebecca Chambless

Board Members

Kevin Holder, BA, MDiv, ThM, President
Pastor, Grace Baptist Church

Don Sweeney, CPA, Vice President
Retired Partner, Ernst & Young

Carol Cahall
Project Manager, SBG Technology Solutions

Nancy Mathews, Board Secretary
Retired IT Manager, Verizon
& Retired Church Staff, Colesville BC

Lawrence E. Wilhelm
Owner, Friendly Farms Restaurant

Kandy McFarland, RN, MBA
Director of Nursing at Adventist HealthCare Shady Grove Medical Center

Danubia Samuels
Outpatient Psychiatry Services Manager at Addiction and Mental Health Center, MedStar Montgomery Medical Center

Robert Michael, JD
Partner, Shadoan, Michael & Wells, LLP

Andrea Hulse, MD
Team Leader, Food & Drug Administration

Ann Roda, BSN, MDiv
Vice President, Mission & Spiritual Care
Adventist HealthCare

Barbara High
Realtor, Long & Foster, & Retired Educator

Gemma Rossoni
Mediator, Consultant & Substitute Teacher

Laurie Skipper
School Psychologist (Retired); Juice Plus Consultant

Barbara Taylor–Emeritus
Retired Educator

Staff Members

Terry Bates, MS, LCPC
Kevin Bergstrom, MS, LCPC
Carolyn Buresh, MS, LCPC
Cynthia Canner, MS, LGPC, NCC
Cheryl Fischer, MSW, LCSW-C
Israel Garcia, MSSW, LCSW-C, BCD
Dan Holler, MS, LCSW-C
Helen Kim, Executive Director
Kaely Linker
Emily Livelsberger, MS, LGPC
Cass Mitchell, MA, LCPC

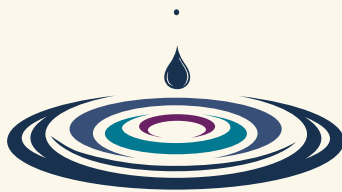
Hana Narea, MA, LPC
Sarah Pickeral, MA, MSW, LCSW-C
Julie Pratt, MS, LCPC
Yaoying Qu, MA, LGPC
Matt Raeder, MSW, LCSW-C
Karen Richardson, MSW, LCSW-C
Tom Rodgeron, PhD, LCPC
Dan Stinchcomb, MRE, MS, LCPC
Erin Stine, MS, LCPC
Christine Thron, MS, LCPC
Kathy Wu, MA, LGPC

Facility Partners

WE ARE GRATEFUL TO THE FOLLOWING CONGREGATIONS FOR PROVIDING SPACE FOR COUNSELING OFFICES

Arbutus United Methodist Church, Arbutus
Ashton Baptist Church, Ashton
Baptist Convention of Maryland/Delaware, Columbia
Calvary Baptist Church, Bel Air
Church at Covenant Park, Ellicott City
Conowingo Baptist Church, Conowingo
Cresthill Baptist Church, Bowie
Dunkirk Baptist Church, Dunkirk
Faith Baptist Church, Glen Burnie
Faith Baptist Church, Knoxville
First Baptist Church of Beltsville, Beltsville
First Baptist Church of Frederick, Frederick
First Baptist Church, Herndon, VA

Georgia Avenue Baptist Church, Silver Spring
Greenridge Baptist Church, Clarksburg
Hillendale Baptist Church, Woodbridge, VA
Hope Baptist Church, Laurel
Liberty Church, PCA, Inc., Owings Mills
Middle River Baptist Church, Middle River
New Hope SDA Church, Fulton
Oakdale Church, Olney
Parkville Baptist Church, Parkville
Redland Baptist Church, Rockville
The Church at Severn Run, Severn
Veirs Mill Baptist Church, Silver Spring
Westminster Baptist Church, Westminster



CentrePointe
Counseling

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