CENTREPOINTE COUNSELING

ANNUAL REPORT

FISCAL YEAR 2026



INTRODUCTION

LETTER FROM THE EXECUTIVE DIRECTOR

This past fiscal year (from July 2025 to June 2026) we experienced changes impacting the mental health field, particularly for non-profits like ours. Online video counseling benefited national-level behavioral health platforms at the cost of local in-person counseling. Cost increases from healthcare support services outpaced insurance reimbursement revenue. Credentialing times by health insurance companies drew longer, sometimes taking six to nine months for qualified counselors. This prevents counselors from seeing clients using health insurance plans.

Online search engines and Artificial Intelligence platforms adjusted their algorithms, requiring practices to invest in making themselves visible. Artificial Intelligence platforms also began to be a competitor to live counselors, providing online therapy through automated responses. Non-profits increasingly competed for funding in a space that was crowded by organizations that lost federal funding.

Nevertheless, in this report you will see good counseling work being done. Clients reacted overwhelmingly well to the treatment they received (page 3). We continued to help clients who struggled financially through our Samaritan Fund. And ministry leaders, who regularly interact with congregants and community members, participated meaningfully at our annual gathering for pastors. This year they discussed adult child and parent estrangement, and caring for caretakers.

This is a great time to support CentrePointe Counseling. Our counselors are ready to serve, and are supported by a knowledgeable, encouraging community. They work within an established system that upholds integrity and a pathway towards excellence. We continuously develop thoughtful, faith-integrated work that is overwhelmingly appreciated by clients. I hope you will enjoy learning about us, and join our mission to bring hope and healing!

In Christ,

Helen Kim

Helen Kim
Executive Director

LETTER FROM THE BOARD CHAIRMAN

In times of continuity and times of change, CentrePointe has remained Christ-centered. We keep Christ at the heart of all that we are and all that we do. This includes staying attentive to the living voice of our risen Lord as he speaks into our ministry and into the lives of the people we serve. By listening to Christ, and keeping him at the center, we're able to receive his guidance and direction during all the seasons and circumstances of CentrePointe's life and mission.

In John 14, as Jesus prepared his disciples for his return to the Father, he promised his followers that the Holy Spirit would help them continue to hear his word, even after he was no longer with them in his earthly, bodily presence (vv. 25-26). The Holy Spirit enabled Jesus's disciples to hear his living voice for them, and today, enables us to hear the living Christ in our time, in our century.

At CentrePointe, we rely on the Holy Spirit to help us hear and follow Jesus. At regular gatherings and through reflections on Scripture and prayer, our staff, counselors, and board stay centered on Christ and attentive to him. This is crucial at all times, but especially during times of change. In recent years, CentrePointe has navigated the changes that have come with expanding our network of partnerships and building awareness of our ministry. We have sought God's wisdom in how to handle changes in the field of counseling itself. We have looked to the Lord for direction in how to respond to changes in the cultural context of our work.

At CentrePointe, we recognize how important it is to engage with ongoing change, but always in ways that are consistent with the truth of the gospel. In other words, we're committed to being both Christ-centered and culturally responsive. This requires that we listen to Jesus and follow his leadership into what's ahead. As we do so, thank you for being a partner with us, through your time, gifts, and prayers, as the living Christ works through us and into the lives of those we serve.

In Christ,

W. Kevin Holder

Rev. Kevin Holder
Chairman, Board of Directors



LEGACY OF TOM RODGERSON

On May 1, 2026, we celebrated the "official" retirement of founding Executive Director, Dr. Tom Rodgerson. At the dinner event, we heard testimonies of how Tom's heart for the healthy minds and relationships of pastors led to meaningful collaborations, including with the Baptist Convention of Maryland/Delaware. Many lives were touched and changed through Tom's spiritually integrated counseling work, and by his caring approach. We also heard testimonies of changed lives, not only by pastors (who were clients of Tom's) but also by a more recent client willing to share how she benefited from her experience with her CentrePointe counselor. Thoughtful and skillful spiritual integration in counseling, in addition to a supportive church community, can make all the difference for someone experiencing grief and tragedy.



MY COUNSELOR...

... changed my life, literally. Her suggestions and warm approach made all the difference in the world for me.

...[and I] often spoke about my relationship with the Lord in helping me grow to challenge my own self-beliefs and trust in God more.

... was greatly helpful, compassionate, insightful, and empathetic. She was highly skilled and I benefitted greatly from her counsel.

... allowed me to process my seperation and be supported.

What our counselors appreciate most about working at CentrePointe Counseling is the community. Our community of counselors support each other professionally and personally: they encourage and support each other, process case presentations together, and contemplate faith as it impacts their approach to work and to clients.

Counseling supervisors uphold integrity, maintain high standards of practice, provide knowledgeable guidance, and advise on difficult cases with counselors. Counselors consult each other on self-care, and support each other prayerfully. We provide programs and personnel support towards an environment that helps each counselor on their path to excellence.

ON MISSION

SAMARITAN FUND
#BeASamaritan

www.centrepointecounseling.org/giving/

With the cost-of-living increase in recent years, including the cost of healthcare, many people are prevented from seeking or continuing needed therapy. Non-profits have also struggled in Maryland and the DC metro area, with many more organizations seeking funds and grants.

Recipients of Samaritan Fund grants include those who do not have health insurance, or who cannot afford their full insurance co-payment amounts, including those who are unemployed, under-employed, students and retirees with limited budgets and little to no support, and others with strained budgets and financial means.

CentrePointe Counseling is committed to its mission: to provide accessible mental health care with licensed, Christian counselors; and to be a support to churches and ministry leaders in their work to build healthy communities.

We are thankful for all the prayers and gifts of our supporters. It has made a real difference on so many lives impacted by mental health and relational distress.

*CentrePointe Counseling is a 501(c)3 non-profit Christian charity. Donations to our General and Samaritan Funds are tax-deductible, and help our efforts to help clients access counseling, and to support church communities, ministry leaders on the frontline, and collaborative programs.

THE IMPACT OF TREATMENT

From September 2025 to September 2026, we conducted a quarterly survey. Clients currently undergoing counseling anonymously responded to a short set of questions. This survey is part of our ongoing effort to measure and improve the quality of our care.

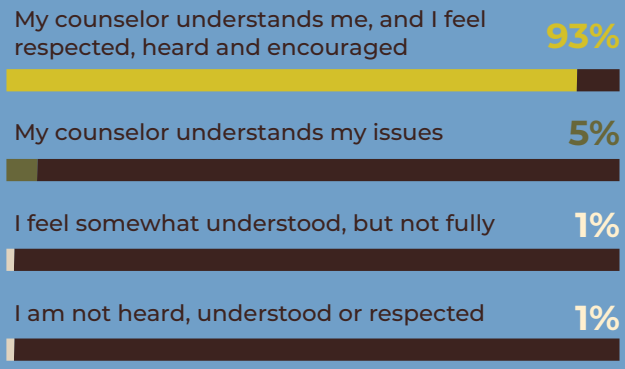
HOW SATISFIED ARE YOU WITH YOUR COUNSELING & CARE?



- **90%** I am very satisfied with my counselor: he/she is caring, knowledgeable and helpful to me
- **8%** My counselor is able to address my issues satisfactorily
- **2%** I am currently less than satisfied
- **0%** I am unsatisfied

HAVE YOU FELT HEARD, UNDERSTOOD & RESPECTED?

93% Felt understood, respected, heard, and encouraged.

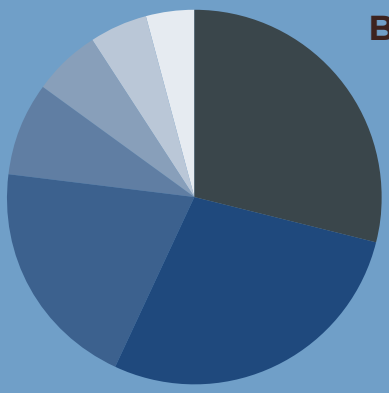


OUR YEAR AT A GLANCE

From July 2025 to June 2026, our counselors walked alongside hundreds of neighbors. Here is who they were and what brought them to us.

773
Clients Served this year

WHAT BROUGHT THEM



- **29%** Stress Induced
- **28%** Anxiety
- **20%** Depression
- **8%** Other
- **6%** PTSD/ TRAUMA
- **5%** ADHD
- **4%** Relationship distress

43% OF CLIENTS WERE BETWEEN AGES 30-49

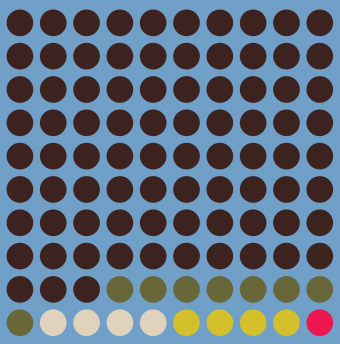
+8% RISE IN DEPRESSION DIAGNOSES

60+ CLIENTS AGE 60 & OLDER, GROWING 3 YEARS RUNNING

1 in 2 FOUND US THROUGH FAMILY, FRIENDS OR ONLINE



- Friend, family **27%**
- Website / online **22%**
- Other **16%**
- Insurance **15%**
- Clergy **13%**
- Counselor **7%**

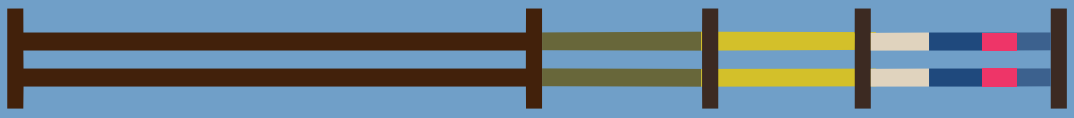


83%
PAID WITH PRIVATE INSURANCE

- **10%** Medicare/ Medicaid
- **4%** Self-Pay
- **2%** Samaritan Fund
- **1%** MCS, NCC & SDA

Of those who shared information about their beliefs...

92%
IDENTIFIED WITH A CHRISTIAN TRADITION



Christian Unspecified/ Other 51%, Baptist 15%, Catholic 10%, Other faith/no faith/no church 8%, Non-Denominational 7%, Presbyterian 4%, Methodist 4%

WHERE OUR CLIENTS LIVE

- Montgomery County **29%**
- Howard County **20%**
- Anne Arundel County **14%**
- Baltimore/Harford County **12%**
- Frederick & Carroll County **7%**
- Prince George's County **5%**
- District of Columbia **4%**
- Other (MD, VA, PA, FL, NC, WV) **4%**
- Baltimore City **4%**

FINANCIAL UPDATE

CentrePointe Counseling has two chief sources of income, counseling revenue and fundraising. Counseling revenue was lower in fiscal year 2026 (FY26) than in fiscal year 2025. Over the years since the threat of COVID-19 diminished, health insurance reimbursements for counseling sessions ticked up, but not at the rate of increase of inflation or cost-of-living growth. As a result, measures were taken to mitigate cost increases for expense items, for example, exchanging telecom systems for one that is more affordable.

Fundraising revenue grew to its highest level in 8 years, driven by generous donations from individuals. This year we hosted a Dinner event that brought together supporters and celebrated the retirement of Dr. Tom Rodgerson, the founding Executive Director of CentrePointe Counseling. This event helped us connect with old and new donors.

Our annual financial review of fiscal year 2026 was conducted by independent accountants. This year, adjustments to how Program expenses and General & Administrative expenses were made using categorizations that are more appropriate for non-profit organizations. Similar adjustments were made to previous fiscal years' expenses for comparison and continuity. None of these adjustments impacted total expense figures.

Fiscal Year 2026
(July 2025- June 2026)

Revenues	
Program Services	$ 1,457,740
Donated Facilities	$ 126,000
Contributions and Fundraising	$ 89,407
Investment Income	$ 8,630
Total Revenue	$ 1,681,777
Expenses	
Program	$ 1,629,339
General & Administrative	$ 108,504
Fundraising	$ 12,446
Total Expenses	$ 1,750,289
Change in Net Assets (Deficit)	$ (68,512)
Net Assets Beginning of Year	$ 190,905
Net Assets End of Year	$ 122,393

CentrePointe Counseling's financial statements were reviewed by independent accountants. FY26 figures include adjustments to definitions of expenditure categories.

THANK YOU

CentrePointe Counseling was able to provide accessible counseling to our clients through the generosity of our donors.

Thank you!

FRIENDS OF CENTREPOINTE COUNSELING

American Online Giving Foundation, Inc., Baptist Convention of Maryland/Delaware, Johnson & Johnson, Kensington Baptist Church, Nichols Contracting, Inc., Parkville Baptist Church, Ronald & Caroline Allen, Kevin & Beth Bergstrom, Lynnda Bird, Thomas Brunetto, Carol Cahall, Michelle Carrigan, Nancy Commeree, Grant Davis, Amy Engelmann, Janet Harlan, James Hawkins, Ruth Ann Hess, Kevin Holder, Andrea Hulse, Lynda Kline, Vicki Martin, Gertrude & William Mercer, Robert Michael, Richard Minnick, Nnaemeka Nwosu, Chul Park, Ann Roda, Thomas Rodgerson, Peter & Gemma Rossoni, Phyllis RP Tessieri, Thomas Senker, Timothy Simpson, Amy Snider, Betty Louise Stellabotta, Don Sweeney, E Tan, Barbara Taylor, Sara Wiley & Theodore Williford, Jenny Whitener, Larry Wilhelm, Anonymous Donors

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Spiritual Director and Life Coach

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Realtor, Long & Foster, Inc.; Educator (retired)

Barbara Taylor, Emeritus
Educator (retired)

STAFF MEMBERS

Supervisors

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Clinical Director
Terry Bates, MS, LCPC
Kevin Bergstrom, MS, LCPC
Carolyn Buresh, MS, LCPC
Julie Pratt, MS, LCPC
Erin Stine, MS, LCPC

Counselors

LaDelle Brooks, MA, LGPC
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Helen Kim, MPA,
Executive Director
Nichole Marshman,
Executive Administrative Assistant
Jenefer Rojas,
Marketing & Graphic Design Coordinator
Tom Rodgerson, PhD, LCPC,
Founder, Executive Director Emeritus

FACILITY PARTNERS

We are grateful to the following congregations for providing space for counseling offices and use.

Calvary Baptist Church, Bel Air
Christ Community Church of Ashton
Church at Covenant Park, Ellicott City
Conowingo Baptist Church, Conowingo
Cresthill Baptist Church, Bowie
Derwood Bible Church, Derwood
Dunkirk Baptist Church, Dunkirk
Faith Baptist Church, Glen Burnie
Faith Baptist Church, Knoxville
First Baptist Church of Beltsville
First Baptist Church of Frederick
Faith Community Church, Gambrills
Furman L. Templeton Preparatory Academy, Baltimore
Grace Community Church, Fulton
Greenbrier Baptist Church, Boonsboro
Greenridge Baptist Church, Clarksburg
Hope Baptist Church, Laurel
Liberty Church PCA, Owings Mills
Middle River Baptist Church, Middle River
National Community Church, Washington, DC
New Hope Seventh Day Adventist Church, Fulton
Oakdale Church, Olney
Olney Seventh Day Adventist Church, Olney
Parkville Baptist Church, Parkville
Redland Baptist Church, Rockville

CentrePointe
COUNSELING

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cpchope.org

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