

FY 21

7/1/20-6/30/21

ANNUAL REPORT



SamaraCare[®]

Choose Stronger

LETTER FROM OUR CEO

“My mission in life is not merely to survive, but to thrive; and to do so with passion, compassion, humor, and style.”

- Maya Angelou, Poet/Author

Dear Friends,

Maya Angelou's quote captures the essence of what's occurred at SamaraCare during fiscal year 21 and no one could have said it better!

Although challenged by increased demands for mental health needs in an environment never experienced before, SamaraCare thrived, grew, diversified, and most importantly helped 1,554 clients improve their mental health. Our therapists worked above their normal capacity providing a record 21,198 counseling hours! Aided by our therapists' compassionate delivery of high-quality mental health care, many of our clients went from surviving to thriving by Choosing Stronger.

The ongoing health crisis provided an opportunity to think differently about all aspects of our work and services. We improved our utilization of technology which enabled our therapists to become remote and provide uninterrupted service to our clients. We had our first virtual fundraising event which raised over \$87,000, the proceeds of which were used to provide reduced counseling fees for financially challenged women and children. Our passion to provide affordable access to mental health care was as strong as ever and despite the economic fall-out from the pandemic, we provided \$489,068 in fee subsidies to 351 under-resourced clients. Our mission has always included the ability to offer spiritually integrated counseling for those interested, which helped many clients cope with emotional struggles within the context of their own faith.

SamaraCare took a big step towards achieving a long-term strategic goal of providing psychological, psychiatric and autism services under one roof. We did this by merging with Wellspring Clinical Associates, a well-regarded psychiatric practice. We now have three psychiatrists and an additional six therapists on staff. Our future plans include expanding our Mental Health Access Program to include reduced cost care for psychiatric services.

Our FY21 accomplishments are due in large part to our donors' faithful support, without which we could not deliver our mission and continue to thrive. Your trust and confidence sustain us. As we prepare to celebrate our 50th Anniversary next year, we are mindful of our vital partnership with you and excited about what the future holds.

With gratitude,

Rev. Dr. Scott Mitchell, PsyD.
President & CEO



Dr. Scott Mitchell & Dr. Tom DiMatteo

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OUR MISSION

SamaraCare helps people achieve their greatest potential by being compassionate and spirit-led counselors, consultants and advocates.

MENTAL HEALTH ACCESS PROGRAM

The primary purpose of the Mental Health Access Program (MHAP) is to advance behavioral healthcare equity to individuals and families with limited financial means to pay for the care they need, deserve and desire. We accomplish this by offering fee discounts on a sliding scale basis so that mental health services are more affordable. Program services are not free. The fee per visit is determined largely by the applicant's household income and size. Other extenuating circumstances are also considered. Fee subsidies from the MHAP are contingent on client need as well as the availability of funds.

Total MHAP clients accessing care:

351

Total fee subsidies provided:

\$489,068

Fee subsidy per client:

\$1,393.36

= 8.44 clinical visits at no charge

Percent of client base receiving fee subsidy assistance:

23%

Percent of MHAP clients at Federal Poverty Level:

34%

The program is largely supported by the generosity of the community including: individual donations; local government, corporate and foundation grant sources; congregational and social service club donations; and revenue from special events.

A Special Thank You
To All Our Donors
Who Support Our Mission

OUR GOALS

1. To provide affordable access to quality mental health care services for individuals, couples and families facing financial limitations and hardships.

2. To raise the quality of our client's lives and help them to reach balance, wellness and increased self-sufficiency by enhancing their ability to cope with life's stressors.

COMMUNITY IMPACT SUMMARY

Organizational Highlights

- Delivered a record **21,198** clinical hours of treatment to **1,554** clients.
- Upgraded technology and implemented a telehealth platform to provide uninterrupted service to our clients.
- Raised **\$678,917** in donations for COVID emergency operating funding and the MHAP.
- Provided **\$489,068** in fee subsidy assistance to **351** under-resourced clients.
- Hosted first virtual Silent Samaritan event which raised over a record **\$87,400** in sponsorships and donations.
- Initiated group wellness sessions with a low-income senior housing agency in response to COVID concerns.
- Implemented a 3-year comprehensive Development Plan encompassing all facets of fundraising.

Clinical Highlights

- Total clinical hours of service: **21,198**
- Total clients served: **1,554**
- Total households served: **1,257**
- Total mental health screening visits: **578** ; completions: **383**
- Total Staff: **40** Total Therapists: **33**
- Referral sources: Friends/Family: **26%** ; Churches: **16%** ; Website: **16%** ; Former Clients: **13%** ; Other: **29%**

Client Impact

SamaraCare measures the impact of its mental health counseling services through client improvement and client satisfaction surveys.

Results were as follows:

- **85%** of clients completing 10 or more counseling sessions increased their Global Assessment of Functioning (GAF) score.
- **95%** of clients agreed they could deal more effectively with their symptoms and concerns.
- **96%** of clients agreed they were able to accomplish what they set out to do.
- **97%** of clients agreed they were better able to handle conflict and stress.
- **99%** of clients agreed that their counselor's interventions and interactions were helpful.

FINANCIAL SUMMARY

