

For those struggling with mental health issues, the courageous journey towards wellbeing begins with a first step, reaching out for help.



LETTER FROM OUR LEADERSHIP

SamaraCare is uniquely qualified to offer spiritually integrated counseling for those interested.

Dear Friends,

Thanks to the support of our donors, Fiscal Year 23, was a year of accomplishment, highlighted by intentional and purposeful growth. The demand for mental health services continues to outpace supply, requiring growth to achieve our overarching goal of helping more people access affordable life-changing care. Today, so many of us are struggling with the high cost of behavioral health services. However, last year because of the generosity of our donors 847 clients benefited from reduced cost care.

Our new in-house psychiatric program grew in FY23 as our team focused on broadening their practices. With telehealth here to stay, our virtual services expanded with the use of improved technology, which is now integrated in our new state of the art Electronic Health Record system. Due to its ease of use, access to care has increased.

Internal growth and gains were plentiful in FY23 and included revamping our website, refreshing our mission statement, and updating our three-year Strategic Plan. In addition, SamaraCare became an agency partner of United Way Metro Chicago. Our clinical team and expertise grew with the addition of several new staff members. We also welcomed a new Director of Finance & Administration. Some local congregations received meaningful support through our Congregational Care & Consulting program while adding Spiritual Direction to our services.

In the coming year, it's clear that community need necessitates expanding our clinical services to children, adolescents and seniors. Looking ahead, because of a DuPage Community Transformation Partnership grant, we know access to our psychiatric services will further expand through the planned addition of a Psychiatric Nurse Practitioner. But one thing remains constant for SamaraCare, and that's our relentless commitment to serve everyone regardless of insurance status or financial resources. Through our Mental Health Access Program, which offers reduced cost care, we intend to serve even more clients who would otherwise fall through the cracks.

Who we are and what we do would not be possible without the loyal generosity of our donors.

We are grateful for last year's successes and excited about what's to come.

Michael Bradburn

Dr. Michael Bradburn, LCSW
Executive Director

Scott Mitchell

Dr. Scott Mitchell, PsyD
CEO & President



OUR MISSION

We foster emotional, relational, and spiritual well-being through access to affordable life-changing care.

OUR GOALS

- 1) To provide affordable access to quality mental health care services for under-resourced individuals, couples and families.
- 2) To raise the quality of our clients' lives and help them to reach balance, wellness and increased self-sufficiency by enhancing their ability to cope with life's stressors.

BOARD OF DIRECTORS

Chair: Annette Roder Zulawski
ARZ Leadership Advisor

Vice Chair: William Smith
Knockerball USA

Treasurer: Mary Lynn Hoffer
DHJJ

Secretary: Theresa Atkins
KeHe Distributors

Patricia Carl
Highland Performance Solutions

Hwa-Young Chong
Community UMC

Mary Doyle
Aspirent

John Gallagher
Exterior Designs

Edward Graham
Law Offices of Edward P. Graham

Michelle Grotto
Discover Financial Services

Janet Hagen
Brown & Brown

Kerry Quirin
Senior Living Experts

Scott Mitchell
SamaraCare

WHY DON'T PEOPLE GET THE HELP THEY NEED?

Can't afford care – **37.2%**

Health insurance does not pay enough for mental health services – **11.9%**

Health insurance does not cover any mental health services – **8.8%**

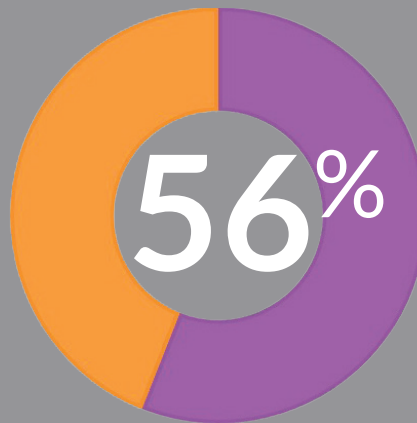


ONE IN FOUR

Americans reported having to choose between getting mental health treatment and paying for daily necessities.

SamaraCare currently has a waiting list of 80+ people in need of mental health services.

Percent of adults with mental illness who did not receive any mental health treatment:



MENTAL HEALTH CARE RESTORES LIVES

Improving a person's emotional well-being can lead to:

- Higher overall productivity
- Better educational outcomes
- Lower crime rates
- Stronger economies
- Improved quality of life
- Increased lifespan
- Improved family life

Donors Fuel Our Mental Health Access Program

SamaraCare wants everyone to have access to affordable, high-quality counseling and psychiatric services, regardless of insurance status or financial circumstances. For that reason, we created the Mental Health Access Program which provides reduced-cost care to qualifying individuals, couples and families who are uninsured, under-insured or experiencing financial hardship. On average, 25-30% of our clients will need reduced-cost care.

PROGRAM IMPACT

Clients benefiting from MHAP

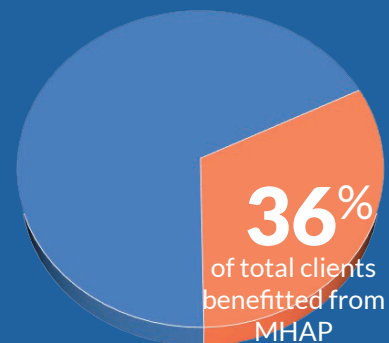
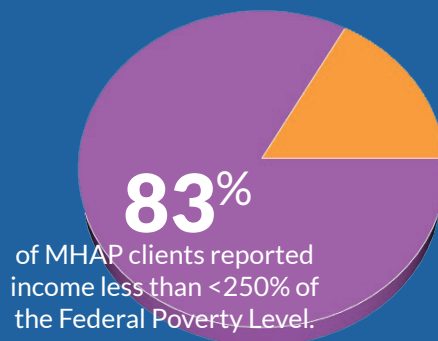
847

Counseling fee subsidies

\$482,458

Psychiatric fee discounts

\$45,742



The program consists largely of donated revenue from individuals, corporations, congregations, special events, local government sources, as well as foundation and social service grants.

Community Impact Summary

Organizational Highlights

- Updated our mission, vision and core values.
- Approved a new 3-year strategic plan.
- Implemented a new medical records platform to improve client experience.
- Launched a new website with more intuitive navigation and functionality.
- Received a \$302,000 grant from the DuPage Community Transformation Partnership to expand affordable access to psychiatric services by hiring a Psychiatric Nurse Practitioner.
- New north region headquarters in Winnetka.
- Raised a record \$827,637 in donated revenue.

Clinical Highlights

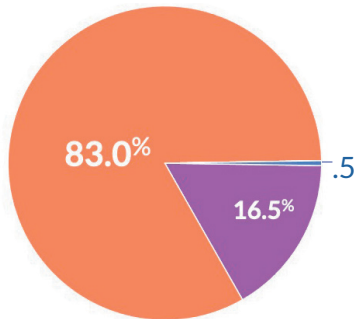
- Clinical hours: 27,815
- Clients served: 2,446; Male: 1,097 (45%); Female: 1,349 (55%)
- New Clients: 945
- Staff: Counselors: 25; Psychiatrists: 3; Admin: 10
- Referral sources: Friends/Family: 29%; Website: 19%; Congregations: 19%; Former Clients: 12%; Insurance: 8%; Physicians: 7%; Other: 6%

Client Impact

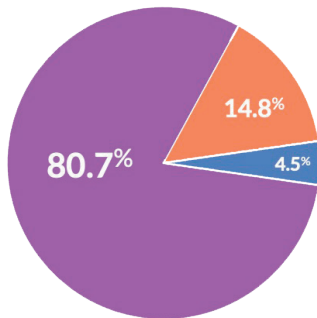
SamaraCare measures the impact of our counseling services through client satisfaction surveys. 2023 results:

- 89% of clients moved from a higher to a lower level of symptomology.
- 85% of clients agreed clinical care helped them achieve therapeutic/personal goals.
- 87% of clients agreed clinical care led to better life satisfaction.
- 89% of clients agreed clinical care led to positive behavioral changes.
- 92% of clients agreed clinical care improved their coping skills.
- 92% of clients rated their mental health progress as good or better.
- 94% of clients agreed their counselor's or psychiatrist's treatment was helpful.

Financial Information



Support & Revenue	Amount	%
Donations/Grants	817,737	16.5
Counseling/Consulting Fees	4,102,731	83.0
Other/Donated Services	21,783	.5
Total Revenue	4,942,151	100.0



Expenses	Amount	%
Program Services	3,828,223	80.7
Management & General	703,003	14.8
Fundraising	215,577	4.5
Total Expenses	4,746,803	100.0

	Benchmark	FY 23	FY22	FY21
Program Efficiency	>75%	81%	83%	80%
Debt Ratio	<30%	27.5%	27%	36%