

# FY18 ANNUAL REPORT

## TWO PAGE SUMMARY



### LETTER FROM OUR CEO

*"The doors we open and close each day  
determine the lives we live"*

-Flora Whittemore

Dear Friend and Supporters

This year's annual report recognizes the fact that we have opened doors for thousands of individuals with mental health challenges, whether they faced an urgent need, a long recovery process or sought to improve their quality of life. Through our known quality counseling services, hundreds of people have chosen to become stronger by making the decision to walk through our doors.

From the 396 individuals receiving fee-subsidies through our Mental Health Access Program, to the 372 community members participating in our on-line Mental Health Assessment, to the hundreds of individuals and families participating in our specialized educational workshops—all of our activities ultimately strengthen the mental health of our clients, their families and our communities. Our consulting business has continued to provide expertise in leadership development, strategic planning, and conflict management for many area congregations. While the undertakings highlighted in the report are impressive, they are but a small sampling of the multitude of ways SamaraCare is engaged in strengthening the communities we serve.

SamaraCare remains unique among our peers. As a mission-driven organization, we've helped bridge the gap between accessible and affordable mental health care through generous fee subsidies for nearly half a century, due in large part to the generosity of the community. We also provide the option of faith-counseling to those individuals seeking this approach. Many of our therapists have formal training in integrating spirituality into counseling when working with divergent clients.

We invite you to review the highlights of the year and our impact in the community. Thank you for opening the doors of your hearts in supporting SamaraCare. Together, we are making a tremendous difference in improving the lives of those people who need and deserve mental health care.

With gratitude,

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



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### OUR MISSION

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

### OUR GOALS

1. To provide access to mental health counseling for those individuals and families that have financial limitations to afford care, and
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.

## MENTAL HEALTH ACCESS PROGRAM

As a mission driven organization, our primary objective is ensuring that anyone who needs mental health counseling is able to get it, regardless of their ability to pay. The Mental Health Access Program (MHAP) was established to ensure access to quality and affordable mental health counseling services for anyone who needs them. The program offers fee discounts on a sliding scale pay basis to qualifying clients who are experiencing financial difficulties or have limited financial resources.

Total qualifying clients served:

396

Total fee subsidies provided:

\$438,573

Fee subsidy per client:

\$1,108 = 7.6  
clinical visits  
at no charge

Economic status of MHAP clients:

65% fell below  
80% of Median  
Family Income

The program is largely supported by the generosity of the community, including individual donations, public and private grant sources and revenue from special events.

A Special Thank You  
To All Our Donors  
Who Help Make  
Wishes Come True.

## COMMUNITY IMPACT SUMMARY

### SamaraCare Counseling

#### Outcomes

- Total participating clients served: **1,318**; thereof **234** children & adolescents
- Total Clinical Hours delivered: **13,057**
- Total Mental Health Screenings: **372**
- Percent of participating clients requiring fee subsidies: **38%**

#### Achievements

SamaraCare measures the impact of its mental health counseling services through client improvement and client satisfaction surveys. Results were as follows:

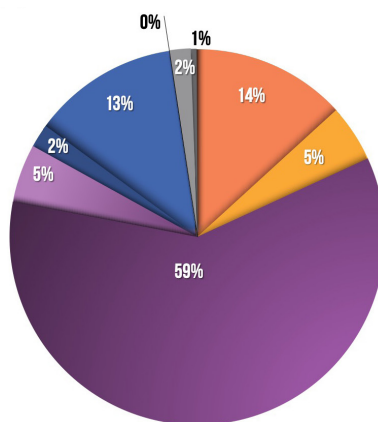
- **87%** of clients increased their Global Assessment of Functioning (GAF) score.
- **90%** of clients were able to accomplish what they set out to do.
- **90%** of the clients were better able to handle conflict and stress.
- **95%** of the clients agreed that they their counselor's interventions and interactions were helpful.

### SamaraCare Consulting

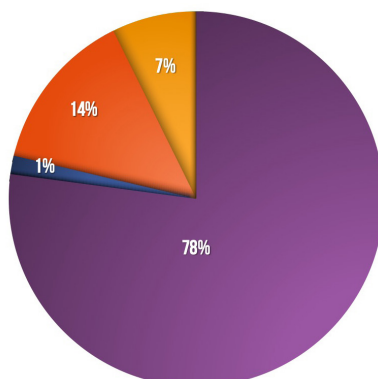
#### Outcomes

- **10** congregations provided strategic planning, leadership retreats and congregational assessments; **200** contracted hours
- **3** judicatories provided cultural assessments and development of strategic initiatives; **110** contracted hours
- **12** clergy received coaching for leadership development; **100** contracted hours
- **8** congregations participated in leadership coach training; **80** contracted hours.

## FINANCIAL SUMMARY



Support & Revenue	FY 2018 (\$)
Contributions - Counseling	274,070
Contributions - Consulting	100,000
Counseling Fees	1,171,001
Consulting Fees	98,741
Rental Income	42,533
Capital Campaign	262,240
Special Events	35,759
In-Kind Revenue	11,560
Other Income	290
<b>Total Support and Revenue</b>	<b>1,996,194</b>



Expenses	FY 2018 (\$)
Program Services	1,423,036
Rental Operations	24,514
Management & General	253,791
Fundraising	133,045
<b>Total expenses</b>	<b>1,834,386</b>
<b>Change in Net Assets</b>	<b>161,808</b>