

2018

NICK FINNEGAN COUNSELING CENTER

Year in Review

A LOOK AT OUR 10TH YEAR OF SERVICE

Celebrating our ribbon cutting with: Dr. Linda Christians, Audrey Omenson, Mary Elizabeth Hand, Bill & Susan Finnegan, Alex Gallagher, Carroll & Jeff Patrizi

MISSION

Helping people of all beliefs address emotional stress by connecting them with professional counseling, support groups, and referrals.

VISION

A unique, non-profit providing personalized service and excellence in counseling at affordable rates for everyone regardless of finances, age, or religious affiliation.

VALUES

Connecting people to high-quality mental health services. Assisting people regardless of financial constraints. Guiding people to healthier and happier lives.



2018 BUILDING EXPANSION

Thanks to our generous donors, we raised over \$300,000 towards the cost of our expansion. After the project was completed, NFCC went from 4 dedicated therapy rooms and 2 multi-functional spaces, to 7 therapy rooms, 4 workstations for counselors, an enlarged lobby and 4 new administrative offices, which can be utilized for therapy on evenings and weekends.

Did you miss our Open House in December? Don't worry, we'd love to show you our new space! To schedule a tour, contact Mary Elizabeth at 713-402-5036 or mhand@finnegancounseling.org.

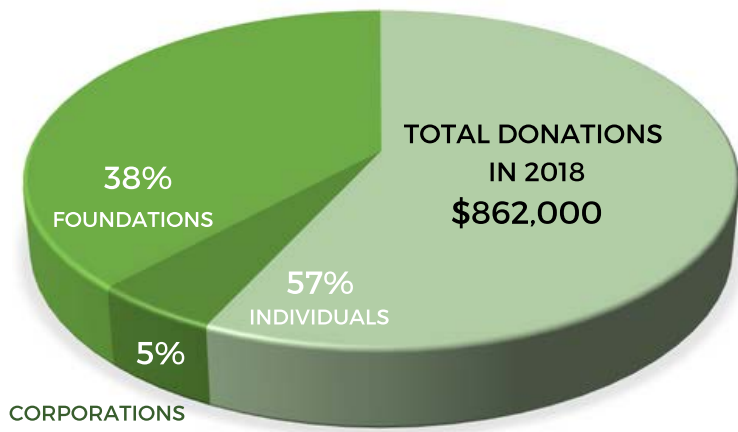
2018 Advisory Board

Alex Gallagher, Chair
Carla Dawson, Past Chair
Mary Beth Arcidiacono
Brett Baucum
Andi Berkman
Gena Blanchard
Terrell Finnegan Branch
Dr. Linda Christians
Sara Eggleston
Susan Finnegan
Michael Gallagher
Todd Greenwalt
Joe Herman
Houston Johnson
Dana Lepow
Christiana McConn
John Luke McConn
Robert McFadden
Tina Melo
Carroll Patrizi
Claud Riddles
Teresa Robertson
Frances Thomson
Dr. Jennifer Welch

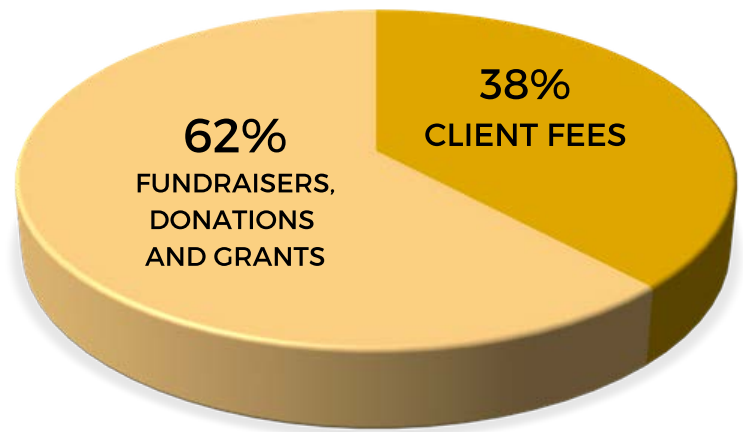
Mary Elizabeth Magness Hand, MEd
Executive Director

Audrey Omenson, MA, LPC-S
Clinical Director

FUNDING BREAKDOWN



INCOME BREAKDOWN

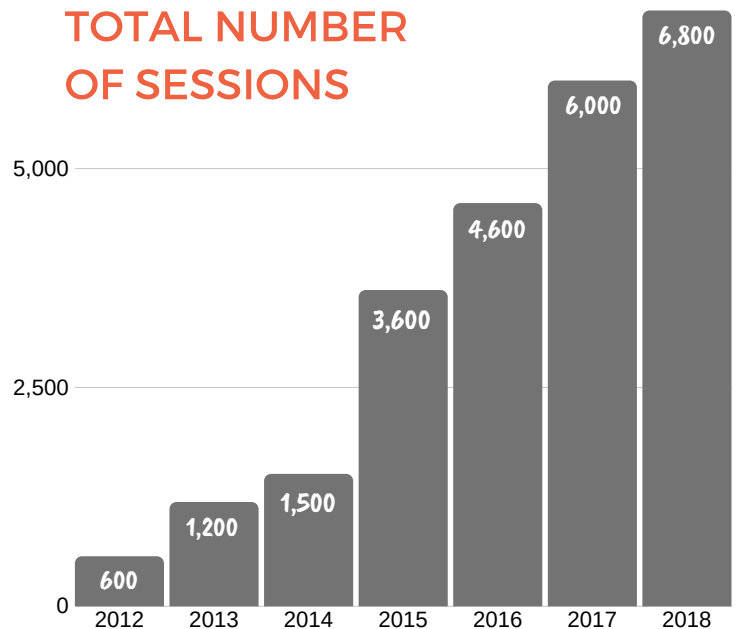


WHERE OUR FUNDS GO

Clinical Staff	36.8%
Non Clinical Staff	29.5%
Personnel Benefits & Payroll Taxes	12.9%
Sliding Scale Expenses	6.8%
Facilities	6.3%
Security	3.9%
Other Expenses	2.6%
Continuing Education & Contract Services	0.8%
Marketing	0.3%
Malpractice Insurance	0.1%

Please note: These numbers have not yet been through an independent audit review.

TOTAL NUMBER OF SESSIONS



*These numbers have been rounded to the nearest hundredth.

QUICK STATS

# of clients served	800
# of sessions	6,800
# of zip codes served in the Houston area	127

INSURANCE PROVIDERS:
Aetna, BlueCross BlueShield, Cigna, and United Healthcare

\$84,000



TOTAL AMOUNT OFFSET BY NFCC FOR CLIENTS WHO UTILIZED THE REDUCED FEE SLIDING SCALE.

18%
FULL FEE

25%
REDUCED FEE

57%
INSURANCE
HOW CLIENTS PAY

OUR CLIENTS

CHILDREN (AGES 3-17)	20%
ADULTS (AGES 18+)	80%

66%
Female
34%
Male

CLIENT SATISFACTION



98% of our surveyed clients in 2017- 2018 indicated that they would refer a friend in need of counseling to NFCC.

Our research shows

- Approximately 46% of adult clients at intake self-reported symptoms that met diagnostic criteria for clinical depression, clinical levels of anxiety, or both.
- Client satisfaction data collected to date indicates that 91% of those surveyed believe they were able to see a counselor as quickly as they'd hoped.

This suggests that NFCC has successfully removed at least some barriers to treatment.

CLINICIAN TEAM

8

FULLY
LICENSED
COUNSELORS

3

PROVISIONALLY
LICENSED
COUNSELORS

*Supervised by
Audrey Omenson, MA, LPC-S

2

PRACTICUM
STUDENTS
PER SEMESTER

NFCC has trained 12
students since 2016.

WHAT MAKES NFCC UNIQUE?

Compared to other low cost counseling centers in the area, NFCC fills a unique space in the counseling ecosystem by offering sessions with licensed counselors in a private practice atmosphere for under \$100. By removing barriers associated with typical low cost clinics such as: difficulty scheduling appointments or receiving insurance approval, and having a low set fee, NFCC is likely able to provide services to individuals who would not otherwise engage in counseling. There are comparable centers in the area that can be appropriately considered for referral even if the client has financial constraints, but none can match the quality of the atmosphere or the administrative supports for the set price offered at NFCC.

Dr. Patrick Tennant, LMFT
Research Fellow for NFCC

*We help
with*

**ANXIETY, DEPRESSION, ADHD, GRIEF,
PRE-MARITAL, ADDICTION, TRAUMA,
RELATIONSHIPS, HEALTHY BOUNDARIES**

and more...

MEDIA HIGHLIGHTS

In March, KHOU 11 News' Marcelino Benito came to NFCC to interview Heather Timmis, LMFT-S. Heather was able to provide insight on difficulties for children with ADHD and how they should be treated.

Right before school started in August, Sofia Ojeda of KPRC Channel 2 News, invited NFCC Clinical Director, Audrey Omenson, MA, LPC-S, to the station for fun story about 'mom guilt'. Audrey assured parents that it's okay to be excited about sending their kids back to school.

Then, KPRC's health reporter, Haley Hernandez, visited our counseling center in November, to get Audrey's expert opinion about using weighted blankets to treat anxiety, stress and ADHD.



KPRC's Sofia Ojeda & Audrey Omenson

OUTREACH

2018 Community Talks

NFCC listens to the needs of the community and provides pro-bono talks at schools, community centers and religious organizations. Here are some of the talks we did in 2018:

Bullying, Domestic Violence, Grief, Emotional Preparedness for Middle School, Getting Through the Storm for Teens, Media and Self-Care for Teens and Adults, Modeling Self-Care for Your Kids, Post-Traumatic Stress Disorder (PTSD) in Children, Self-Examination and Burnout, Suicide Prevention, Self-Harm, Talking to Children About Current Events, Talking to Teens About Consent

2018 Community Partners

Condit Elementary
Energy Institute High School
Frostwood Elementary
Greater Houston Area Treatment Providers
Katy ISD
Region 4 Education Services
Salvation Army
St. Luke's United Methodist Church
TX Annual Conference (UMC)

New Partner! Communities in Schools

During the 2018-2019 school year, NFCC began a partnership with Communities in Schools (CIS) and sent two NFCC counselors to school campuses in Greater Houston to provide free mental health services to students. CIS matched our counselors with Edison Middle School and Westchester Academy for International Studies, where they served 20 students during the first semester of our new partnership.

Salvation Army Update

In 2018, our practicum students provided counseling for approx. 100 clients at the Salvation Army Family Residence and Young Adult Resource Center at no cost to the clients or Salvation Army.

2018 FUNDRAISING EVENTS

8th Annual Crack 'em for a Cause Crawfish Boil

The 8th Annual Crawfish Boil was chaired by Alice Carroll Johnson, Kate and Houston Johnson, Nelson LeBlanc, Emily Nelson, Mary Pat Patrizi and Frances and Jim Thomson. With live music, great weather, activities for the kids and all you can eat crawfish, the event brought in over \$105,000!



This event requires a team of amazing volunteers who take turns serving our guests. Pictured: Robert McFadden, Nelson LeBlanc, Houston Johnson, Emily Nelson, Claud Riddles and Phil Murray.

Even our furry friends had fun!

Our Crawfish Boil is family friendly, too! Pictured: Jim Thomson, Anne Thomson and Neal Thomson

10th Annual Tree of Life Gala

The 10th Annual Tree of Life Gala was held at River Oaks Country Club. The event was chaired by Judy Ann and Jimmy McCartney & Melissa and Doug Schnitzer. We celebrated NFCC's 10th Anniversary by honoring Susan and Bill Finnegan. This evening included a wine pull, jewelry pull, live auction, silent auction and debuted a video about the ways NFCC is working to reduce the stigma around mental health. This event brought in over \$380,000!



Susan & Bill Finnegan, and son, Scotty Finnegan

Janelle Reid and Carla Dawson

Gala Chairs: Judy Ann & Jimmy McCartney and Melissa & Doug Schnitzer

2019

Saturday, April 6
9th Annual Crack 'em
for a Cause Crawfish Boil
@ West Alabama Ice House

Wednesday, October 2
11th Annual Tree of Life Gala
@ River Oaks Country Club

Follow us for more!



A Note from our Executive Director

As a childhood friend of Nick Finnegan, it is an honor to work at the counseling center every day. My passion is helping people access high quality and affordable counseling services, and I love being a part of this incredible team. 2018 was a year of growth for NFCC both in our physical space, the size of our team and number of people we served. With 11 counselors who have varying schedules, we were able to offer nearly 7,000 sessions, all while undergoing a building expansion half of the year! In addition to offering counseling on site, we extended our reach beyond our walls, into the city. We strive to listen to the needs of our community and respond to those needs in a way that allows people to access high-quality mental health services, while removing as many barriers to care as we can along the way.

Taking our education and outreach into the community through free talks, community partnerships, media interviews, live streams and events allows us to reach people who are not directly receiving counseling support at NFCC. Our hope is that we can reach people wherever they may be in their journey towards a healthier life. We believe everyone deserves quality mental health care, because counseling matters. If at any time you want to learn more about our services or programs, please feel free to reach out to me. I'd love to meet you!

Mary Elizabeth Magness Hand



Mary Elizabeth & Robert Hand, with Annie and Will.