



2017 YEAR IN REVIEW

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 or age.

VALUES

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

ways to get involved

VOLUNTEER | FRIENDS OF NICK
YOUNG PROFESSIONALS GROUP
ADVISORY BOARD | EVENT HOST COMMITTEE
CHAIR AN EVENT



THE OVERWHELMING MAJORITY
~98% OF 200

SURVEYED CLIENTS IN 2017 INDICATED THAT THEY WOULD REFER A FRIEND IN NEED OF COUNSELING TO NFCC

As we reflect on these last nine years, we are in awe of how the Nick Finnegan Counseling Center has grown from 1 staff member providing referrals to a staff of 15 providing **nearly 6,000 sessions!** Houston needs a place like NFCC because we understand that affordable means something different to everybody, which is why we offer a sliding scale, insurance options, and a private pay rate of \$90 or lower. Each day, NFCC lives our mission of helping people of all beliefs address emotional distress by connecting them with professional counseling, support groups and referrals.

Increasing awareness and access to mental health care is a key piece of our mission and drives our community involvement. Mental health and community go hand-in-hand. Sometimes, community refers to friends and family as we reach out to each other, build relationships or act as a support system. All are significant factors that can help with mental health prevention and recovery. Other times, community refers to a city as a whole. Events that affect an entire city can have a major impact on its residents' mental health. Community wide stress can compound people's pre-existing struggles. Houstonians experienced just that with Hurricane Harvey. No matter the level of personal loss, we all shared in the mental and emotional trauma of Harvey and its aftermath. Although it was a community-wide tragedy, such an experience can also be an incredibly powerful, unifying force. As our community moves through the post-hurricane recovery process, the Nick Finnegan Counseling Center wants to support the mental health of our clients as well as other fellow Houstonians as best we can. We feel passionate about listening to the needs in the community and responding to those in a way that allows people to access the quality counseling and education they are looking for.

One of NFCC's primary goals is to raise awareness on the importance of mental health counseling by providing education through community talks and programs. In addition to offering in-house counseling for individuals, couples, families and children, our team has partnered with several community-based organizations to make mental health information and counseling accessible to more people throughout Houston. Some of these partnerships include NFCC's practicum training program which

connects graduate students with Salvation Army Family Residence to provide counseling services at no charge to residents and our #HTXMentalHealth Art Contest for Kids, an initiative created in
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2017 advisory board members

- | | | |
|----------------------------------|---|---|
| Mary Beth Arcidiacono | Alex Gallagher | Emily Nelson |
| Brett Baucum | Michael Gallagher | Audrey Omenson,
<i>Clinical Director</i> |
| Linda Ball | Todd Greenwalt | Carroll Patrizi |
| John Bell | Mary Magness Hand,
<i>Executive Director</i> | Claud Riddles |
| Andi Berkman | Houston Johnson | Becky Stephens |
| Gena Blanchard | Dana Lepow | Frances Thomson |
| Terrell Finnegan Branch | Jimmy McCartney | Dana Tyson |
| Dr. Linda Christians | John Luke McConnell | Jennifer Welch |
| Carla Dawson, <i>Board Chair</i> | Robert McFadden | |
| Sara Eggleston | Tina Melo | |
| Susan Finnegan | | |



*Executive Director: Mary Magness Hand
Clinical Director: Audrey Omenson
2017 Advisory Board Chair: Carla Dawson*

TOURS

We would love to show you our space! If you are interested in visiting the counseling center for a tour, please reach out to Development Specialist, Natalie Jenkins Lowry, at nlowry@finnegancounseling.org.

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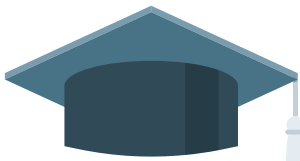
2015 with Mental Health America of Greater Houston. Both of these partnerships are ways we provide the community with access to mental health services and education at no charge.

Donors continuous valuable support is the whole reason that NFCC's community outreach efforts and counseling services are able to reach more Houstonians each year. We remain incredibly grateful as NFCC would not be where it is today without your support. These funds continue to propel us forward and will help ensure that we can continue to keep counseling costs low but quality high so no one seeking to improve their mental health is turned away due to financial constraints. Our rapid growth in clients, staff and community partners is a reflection on Houston's growing demand for mental healthcare. By growing both our community outreach and our physical space, we will be better equipped to serve the community of Houston. We invite you to share in our celebration of this past year and to join us in our plans for the future, because it is only by joining together that we are truly able to make change possible.

MARY MAGNESS HAND
Executive Director

CARLA DAWSON
Advisory Board Chair

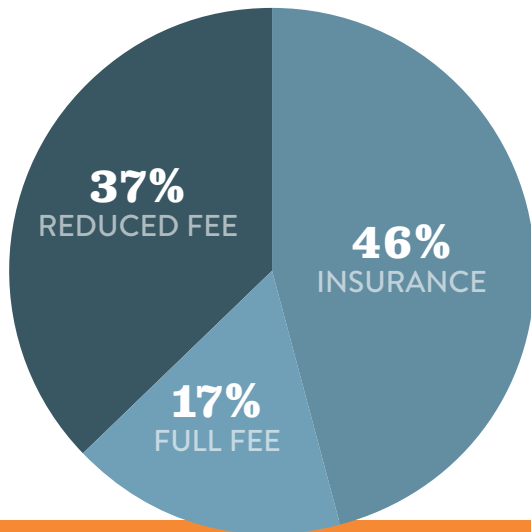
AUDREY OMENSON
Clinical Director



\$112,161

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

HOW CLIENTS PAY

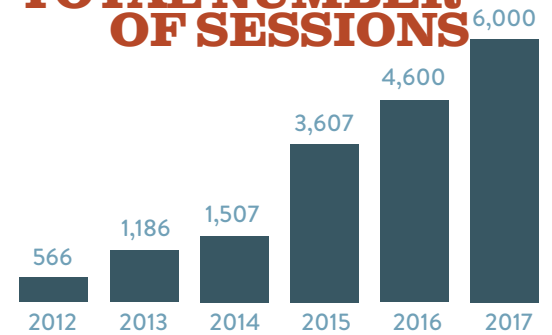


Of the nearly 6,000 sessions held in 2017, 37% utilized the reduced fee sliding scale, 46% were funded using the client's insurance, and 17% paid the full fee for the session.

RESEARCH

NFCC engagement with research and evaluation activity also increased in 2017, including the development and implementation of systematic measurement of client satisfaction and the creation of baseline and follow-up measures to empirically track client mental health starting in 2018. Through these activities, NFCC seeks to improve the quality of care provided to clients and to proactively engage with society's growing expectation of rigorous evaluation and measurement of services.

TOTAL NUMBER OF SESSIONS



2017 INCOME BREAKDOWN

CLINICAL STAFF

40%

67%

FUNDRAISERS, DONATIONS AND GRANTS

33%

CLIENT FEES

FUNDING BREAKDOWN:

55% INDIVIDUAL

14% CORPORATION

31% FOUNDATION

TOTAL IN DONATIONS

IN 2017- \$697,388.91

NON-CLINICAL STAFF

24.2%

WHERE DO OUR FUNDS GO?

CLINICAL STAFF **40%**

NON CLINICAL STAFF **24.2%**

SLIDING SCALE EXPENSES **11%**

PERSONNEL INSURANCE/BENEFITS AND PAYROLL TAXES **9.3%**

FACILITIES **6.8%**

OTHER EXPENSES **4.3%**

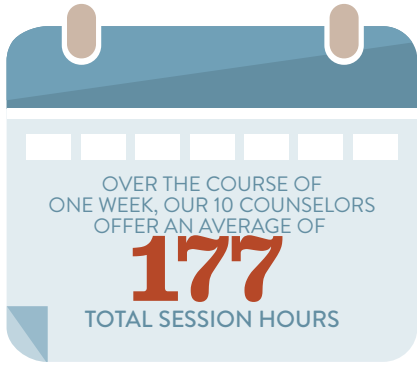
CONTINUING EDUCATION AND CONTRACT SERVICES **3.6%**

MARKETING **0.6%**

MALPRACTICE INSURANCE **0.2%**

PLEASE NOTE: THESE NUMBERS HAVE NOT YET BEEN THROUGH AN INDEPENDENT AUDIT REVIEW.

CLINICIAN HIGHLIGHTS



EXPERIENCE RANGES FROM STUDENT COUNSELOR TRAINEES TO COUNSELORS WITH

15+ YEARS of experience

WITHIN THE MENTAL HEALTH FIELD

Clinician Team

8 FULLY LICENSED COUNSELORS

2 PROVISIONALLY LICENSED COUNSELORS

2 PRACTICUM STUDENTS PER SEMESTER

PRACTICUM PROGRAM

6 PRACTICUM STUDENTS THIS YEAR



NFCC partnered with Salvation Army Family Residence and Salvation Army Young Adult Resource Center (YARC)

Salvation Army practicum students Brittanie & Dorian

3 PARTNER UNIVERSITIES
LE TOURNEAU UNIVERSITY,
ST. THOMAS UNIVERSITY,
LAMAR UNIVERSITY



ART CONTEST

#HTxMentalHealth Children's Art Contest for Kids was created several years ago as a partnership between NFCC and Mental Health America of Greater Houston. We joined forces in 2015 to brainstorm ways to bring attention to mental health awareness month. The art contest is free and open to children ages 5-14. Through their participation, the children and their families learn that half of all lifetime mental illness occurs before age 14 and prevention is key. It is our goal to families talking about mental health at an early age.

"I think what you are doing is amazing. In my family alone, my daughter being involved with the art contest, has made even the adults consider therapy and facing feelings they've always put in the back burner. Thank you so much!"
—Claire, art contest parent

MEDIA

When health reporter, Haley Hernandez, needs a mental health expert she calls NFCC! This summer, counselor Heather Timmis was able to provide parents in the Houston area with insight about controversial new television show on Netflix and its effects teens who watch. Then, after our city was devastated by Hurrican Harvey, our clinical director, Audrey Omenson, was called on to provide parents with ideas on how to bring a sense of normalcy back in the midst of a delayed and rocky start to the new school year.



COMMUNITY RELATIONS

NFCC is committed to raising awareness about mental health in the city of Houston. In 2017, we continued to share the message that when we engage in prevention and early identification, we can help reduce the burden of mental illness by identifying symptoms and warning signs early—and provide effective treatment. Through our community talks, art contest and partnerships in and around the Houston area, we've communicated that mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable. We strive to do so in a compassionate, judgement-free way.



NFCC staff beaming with pride after the Children's Mental Health proclamation reading at Houston City Council.



Our 2017 Pastoral Luncheon panelists.

COMMUNITY PARTNERS

Archdiocese Galveston/Houston, BHP Billiton, CHOICES Program, Condit Elementary, Covenant of Faith UMC, Episcopal High School, Mental Health America, Meyerland Middle School, Paul Revere Middle School, Pin Oak Middle School, River Oaks Baptist School, Salvation Army, St. Luke's After School Care, St Luke's Day School, St. Luke's Student Ministries, St Luke's United Methodist Church, Strake Jesuit, The Soldier's Project, Texas Annual Conference, Westminster UMC.

2017 FUNDRAISING EVENTS

7TH ANNUAL CRAWFISH BOIL

The 7th Annual Crawfish Boil was chaired by Courtney Blackburn and Madeline Matthews. With live music, face painting and all you can eat crawfish, the event brought in over \$80,000!



4TH ANNUAL TEE UP FOR COUNSELING TOPGOLF TOURNAMENT

The 4th Annual Tee Up for Counseling Topgolf Tournament was chaired by father-son trios Carson, Cullen and Scott Cone and Blake, Reese and Jeff Henningsen bringing in over \$70,000!



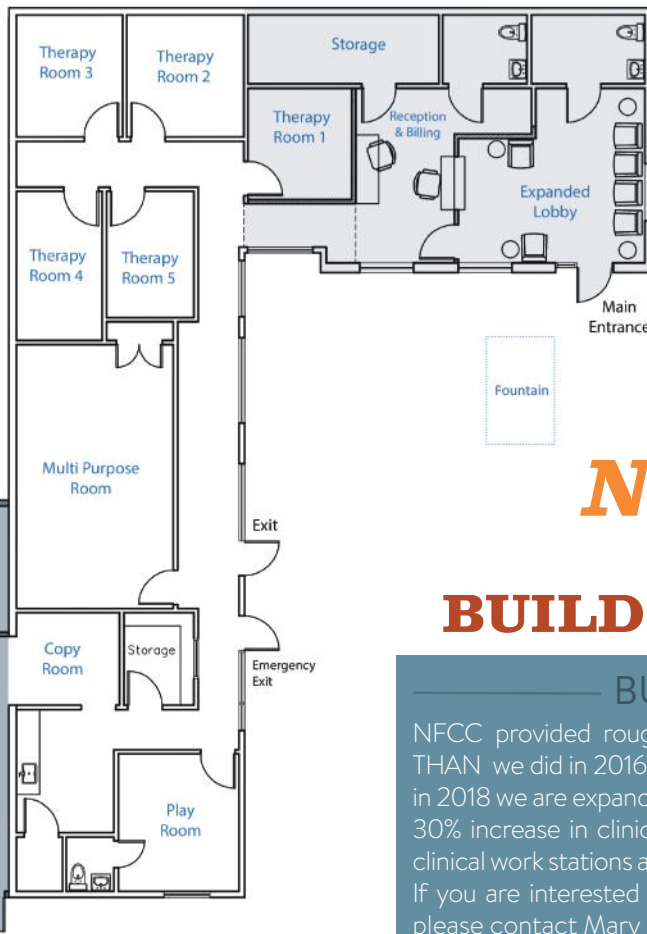
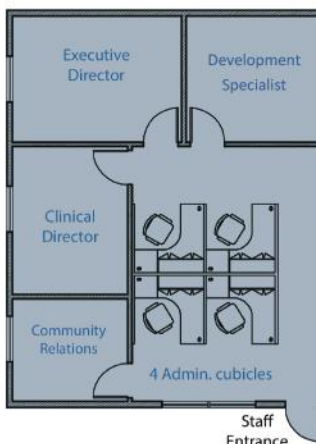
9TH ANNUAL TREE OF LIFE GALA

The 9th Annual Tree of Life Gala was chaired by Julie and Casey Doherty and Catherine and Richard Zdunkewicz and was held at River Oaks Country Club. The evening included a wine pull, jewelry pull, live auction and debuted a video showcasing NFCC's outreach in the Houston community. This event brought in over \$285,000!

A: *Wind Beneath Our Wings* recipient, Tim Zawinsky and advisory board member, Brett Baucum **B:** Bill and Susan Finnegan, Terrell Finnegan Branch and Spencer Branch and Scotty Finnegan **C:** Golfer Gregory Holmes **D:** Event chairs Jeff Henningsen, Cullen Cone, Carson Cone and Scott Cone **E:** St. Luke's pastors: Dr. Tom Pace and Rev. Bill Denham **F:** NFCC counselor Tracy Lehman with husband, Paul and practicum student Dorian Carter

PHASE 1

Building addition of 4 offices and 4 administrative workspaces at the rear of our building.



PHASE 2

After our staff moves into their new spaces, we'll begin expanding our lobby/waiting area and adding another therapy room.

New Year, New NFCC!

BUILDING EXPANSION

BUILDING UPDATE

NFCC provided roughly 1,500 more counseling sessions in 2017 THAN we did in 2016 with the same number of staff. For this reason, in 2018 we are expanding our building which will provide NFCC with a 30% increase in clinical space, 4 new administrative offices, 4 new clinical work stations and an enlarged lobby for our clients and visitors. If you are interested in learning more about our expansion project please contact Mary Elizabeth at mhand@finnegancounseling.org.