

WHERE WE ARE NOW

2019 was another year of tremendous growth at Nick Finnegan Counseling Center. We worked with more clients than ever, had our largest volume of counseling sessions and hired new team members to help serve our increasing client base. Notably, this was the first year in our history that we had a steady client wait list for the entire year. While this shows us that people know about NFCC and find our counseling services beneficial, it also confirms that the demand for mental health services is still increasing. This empowers us in continuing to increase our efforts to help as many clients as we can. While mental health has become a regular subject in mainstream conversations, seeking counseling services still holds a certain stigma. Texas still ranks last in access to mental health care in the United States. In fact, according to the National Alliance on Mental Illness, the Harris County Jail remains the largest mental health institution in the state. We dream of a day when that statement is no longer true. That's why our team works hard to chip away at that stigma by making our counseling center a place that people feel comfortable telling others about and are willing to refer their friends and family. NFCC prioritizes outreach efforts to offer mental health support in the community through preventative education tools, support groups and trainings, in addition to the quality services we offer on-site. Our outreach talks are beneficial in helping others identify their mental health needs, as well as how to begin the process of seeking help.

OUR MISSION

Nick Finnegan Counseling Center strives to provide affordable and accessible counseling services to anyone regardless of differences such as age, finances or beliefs.

Mental health treatment is as imperative as ever and the Nick Finnegan Counseling Center strives to be a part of the solution in the Greater Houston area. NFCC is able to reach a wide clientele because we offer affordable private pay rates, work with five insurance providers, offer a need-based sliding scale and have a diverse staff with a wide range of specialties. As our robust client growth continues to increase our annual budget, we strive to stay ahead of the curve by strategically planning for our future and anticipating growth. As you'll see in this report, we simply could not fulfill our mission and offer high quality care without the support of our generous donors and dedicated advisory board. While our primary service is on-site counseling, I suspect that next year's annual review will highlight our expanding community outreach initiatives and the establishment of The Nick Finnegan Counseling Center Foundation. Exciting things are in the works! I hope you will be there to watch them unfold.



Mary Elizabeth Hand
Executive Director

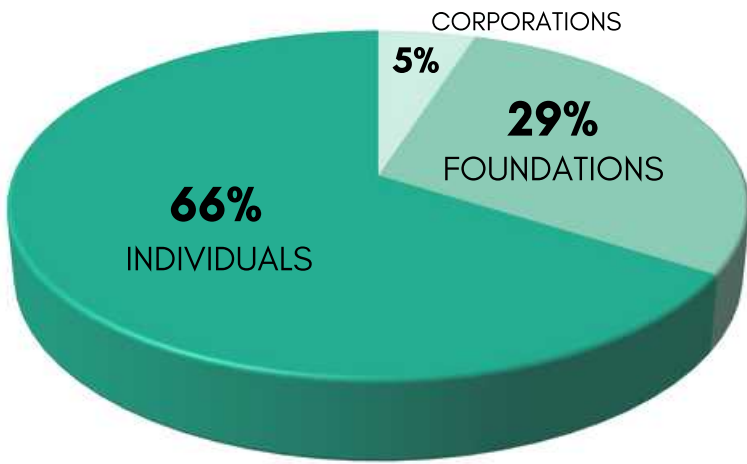
2019 YEAR IN REVIEW



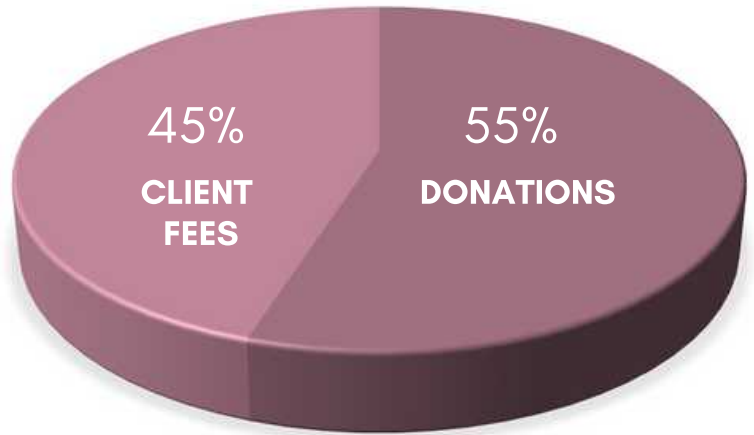
Our Advisory Board

- | | |
|-------------------------------|----------------------------|
| <i>Alex Gallagher, Chair</i> | <i>Robert McFadden</i> |
| <i>Joe Herman, Vice Chair</i> | <i>David A. Nettles</i> |
| <i>Dr. Jay Allison</i> | <i>Claud Riddles</i> |
| <i>Telina Armstrong</i> | <i>Teresa Robertson</i> |
| <i>Jennifer Bowen</i> | <i>Julie Samson</i> |
| <i>Dr. Linda Christians</i> | <i>Michelle Shonbeck</i> |
| <i>Carla Dawson</i> | <i>Dr. Jennifer Welch</i> |
| <i>Sara Eggleston</i> | <i>Mary Elizabeth Hand</i> |
| <i>Todd Greenwalt</i> | <i>Executive Director</i> |
| <i>Dana Lepow</i> | <i>Audrey Omenson</i> |
| <i>John Luke McConn</i> | <i>Clinical Director</i> |

DONATION BREAKDOWN



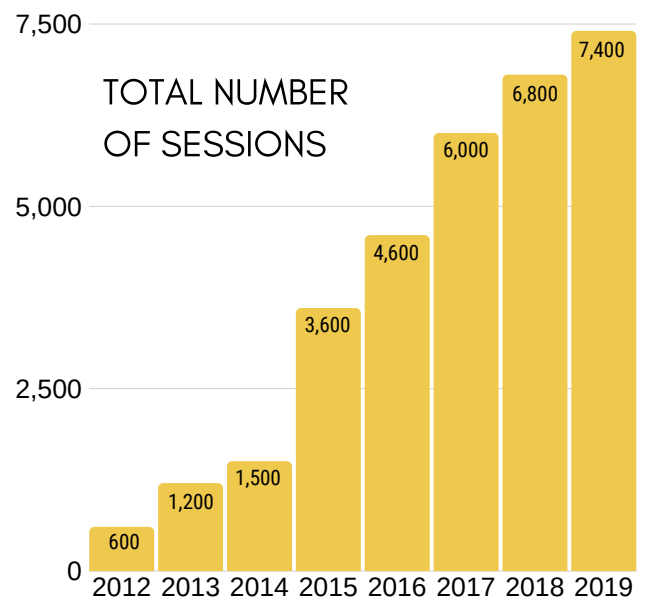
INCOME BREAKDOWN



WHERE OUR FUNDS GO

Clinical Staff	37.6%
Non Clinical Staff	29.7%
Personnel Benefits & Payroll Taxes	13.0%
Sliding Scale Expenses	6.3%
Facilities	5.6%
Security	3.5%
Other Expenses	2.6%
Continuing Education & Contract Services	1.0%
Marketing	0.5%
Malpractice Insurance	0.1%

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



In 2019, clients came from **127** different zip codes in the Greater Houston area.

900 CLIENTS SERVED

54% were new to NFCC in 2019.

HOW OUR CLIENTS PAY

\$84,000

GOOD TO KNOW...

TOTAL AMOUNT OFFSET BY NFCC FOR CLIENTS WHO UTILIZED OUR SLIDING SCALE.

★ 20% of our clients are **children**, ages 3-17 years.

13%
SLIDING SCALE (REDUCED FEE)

33%
PRIVATE PAY (FULL FEE)

★ In 2019, we added another insurance provider, Beacon Health, to our list which also includes: Aetna, BlueCross BlueShield, Cigna, and United Healthcare.

54%
USED HEALTH INSURANCE BENEFITS

★ Thanks to **The Fondren Foundation** our counselors received over 300 CEU hours in the past 3 years.

★ It costs NFCC \$175 per counseling session, yet our private pay rate is only \$95. **Our average revenue per session in 2019 was \$68.**

our partnership with COMMUNITIES IN SCHOOLS

In 2019, NFCC expanded our partnership with Communities in Schools (CIS) to send counselors to four high risk schools. CIS helps determine the schools with the greatest need and identify students with referrals from school principals, teachers and parents. Many of the students' only access to mental health support is through this partnership. Several of the students are struggling with issues that affect basic needs such as safety, food and shelter and our counselors are able to help these students cope through extreme life challenges and provide a consistent supportive presence. Thanks to a grant from the Powell Foundation and support from CIS, NFCC counselors are currently providing services at Edison Middle School, Westchester Academy for International Studies, Shadow Oaks Elementary School, and North Brook High School. Each counselor is placed at one school for the entire school year and provides roughly six hours a week of mental health services on that school campus - in addition to the clients they serve at NFCC.



Community
Talk Partners
Commonwealth Elementary
Greater Houston Area
Treatment Providers (GHATP)
Highlands Elementary
Lanier Middle School
Oasis Community
Pin Oak Middle School
St. Luke's United Methodist Church

**WE
HELP
WITH**

Addiction
ADHD
Adoption
Anger
Anxiety
Autism Spectrum
Blended families
Body image issues
Bullying
Couples
Depression
Disordered eating
Disruptive behaviors
Divorce/separation
Domestic Violence
EMDR
Family conflict
Grief
LGBTQ+
Medical diagnoses
Parenting
Postpartum
Pre-marital
PTSD
Relationship issues
Sibling problems
Self harm behaviors
Self-esteem
Social skills
Spiritually based counseling
Substance abuse
Trauma

COMMUNITY TALKS

In 2019, our counselors provided 17 free outreach talks on topics including: teens and vaping, dating in the modern world, grief, boundaries & self-care, trauma & EMDR, navigating life's transitions, helping those in crisis, parenting skills and the distracted teenage mind.

FROM ONE OF OUR COUNSELORS...

Helping others through the counseling experience is so rewarding because it is a transformational process. This year, I led the Survivors of Suicide support group, which helped survivors transform their grief into new ways of honoring their loved one. Common feedback from group members is not only did they learn tools to cope with their loss but also ways to strengthen relationships with other surviving members of their families and their support systems.

Sherry Yingling, MA, LMFT-S, LPC-S
Lead Clinician

PRACTICUM PROGRAM

Our practicum students continued to provide counseling services at no cost at the Salvation Army Family Residence and Young Adult Resource Center. In 2019, our practicum students began leading a support group for homeless LGBTQ+ youth through Tony's Place. Since our practicum program began in 2016, we've served 250 individuals.

At NFCC, I am able to observe sessions and co-counsel alongside experienced counselors. Being surrounded by genuine, supportive admin staff and knowledgeable clinicians has positively influenced my education as a professional counselor. The practicum program has challenged me, allowed me to practice effective counseling skills, and encourage others to prioritize their mental health.

-ASHLEY BARRERA, CLINICAL MENTAL HEALTH COUNSELING M.S. UNIVERSITY OF ST. THOMAS



...we also have referrals for needs beyond this list. Just call our office.

OUR TEAM

Our Clinical Director is one of

9
fully
licensed
counselors

who also manages

3
provisionally
licensed
counselors

*Supervised by
Audrey Omenson, MA, LPC-S
Sherry Yingling, MA, LMFT-S, LPC-S

3
practicum
students
per semester

Our Executive Director manages our Clinical Director &

9
administrative
staff

which includes
client services,
development
& outreach

9th Annual Crack 'em for a Cause Crawfish Boil

The weather was perfect on Saturday, April 6, for our annual Crawfish Boil at West Alabama Ice House. Chaired by: Maddison Britt, McKenzie Britt, Ellen & Dean Delery, Maddy Delery, Catherine & Daniel Plumlee, Katie Samson, Brittany & Matt Steitz and Courtney & Dylan Stout. This family friendly event featured live music, face painting and a balloon artist with all-you-can-eat crawfish! In just one sunny afternoon, NFCC raised over \$108,000!



LOOKING FOR WAYS TO HELP?

Invite a friend to one of our **fundraising** events
Share this annual report with a friend or neighbor and tell them about NFCC. **Our #1 referral source is word of mouth!**



NFCC Advisory Board Member, Julie Samson and Grace Grundy



NFCC Community Relations Specialist, Jacel Dickson with son, Boston.



NFCC Supporters Susan and Bill Finnegan with son, Scotty, daughter, Terrell Branch and granddaughter, Susie.



Some of our wonderful volunteers at the check-in table: Sydney Collie and Audrey Omenson & McKenzie Palmer (NFCC Staff).



Event Chairs (1st row): Brittany Steitz, Ellen Delery, Maddy Delery and Courtney Stout (2nd row): Dean Delery, Matt Steitz and Dylan Stout



Event Chairs: Danna and Tim Burkett & Dana and Walter Burke

11th Annual Tree of Life Gala

Our Annual Tree of Life Gala was held on October 2nd at River Oaks Country Club. The event was chaired by Danna & Tim Burkett and Dana & Walter Burke. This event honored Henry Richardson, Founder of DEFINE Body+Mind, for his work in the Houston community and passion for well-being. The evening included a wine pull, jewelry pull, silent auction and live auction, which brought in over \$338,000 to help further NFCC's mission to make counseling accessible to our community!



Angels Among Us award recipient, Henry Richardson.



This year's theme and decor gave us *all the feels!*



Thanks to some amazing donors, our jewelry pull had 32 unique pieces, with half of the items valued between \$200-\$1,500.

2020

Saturday, April 4

10th Annual Crack 'em
for a Cause Crawfish Boil
@ West Alabama Ice House

Wednesday, October 7

12th Annual Tree of Life Gala
@ River Oaks Country Club

NEW! NFCC Foundation

commenced operations January 2020

See our board of directors @

finnegancounseling.org/foundation

Follow us for more!



NickFinnCounsel



Past auctioneer, Randy Helms, took the night off to watch his daughter, Becky Helms, have some fun with the crowd!