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.

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

Our Advisory Board

Alex Gallagher, Chair
Joe Herman, Vice Chair
Dr. Jay Allison
Telina Armstrong
Jennifer Bowen
Dr. Linda Christians
Carla Dawson
Sara Eggleston
Todd Greenwalt
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Claud Riddles
Teresa Robertson
Julie Samson
Michelle Shonbeck
Dr. Jennifer Welch
Mary Elizabeth Welch
Executive Director
Audrey Omenson
Clinical Director
In 2019, clients came from 127 different zip codes in the Greater Houston area.

900 CLIENTS SERVED
54% were new to NFCC in 2019.

**Good to Know...**

- 20% of our clients are children, ages 3-17 years.
- In 2019, we added another insurance provider, Beacon Health, to our list which also includes: Aetna, BlueCross BlueShield, Cigna, and United Healthcare.
- 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.
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 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
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!

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!

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