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Your support of the Nick Finnegan Counseling Center (NFCC) over the years has been instrumental in the growth and success of our organization. For that, we are incredibly grateful. In the past few months, we have faced an unprecedented crisis that has left many in the world, and many in the Houston community, feeling uncertain about the path forward. As we navigate this new unknown many of us are feeling stress and anxiety about our livelihoods, health, and futures.

At NFCC, we have always made it our mission to provide affordable and accessible counseling to **anyone**, and COVID-19 has made that need even greater than before. Sustained periods of social distancing and isolation, community-wide grief and stress, and record numbers of unemployment all play a role in exacerbating mental health struggles. Awareness of, access to, and affordability of community mental health resources are major players in determining whether a person is able to get the support that they need during times of increased stress.

NFCC has **never** turned anyone away from counseling due to finances, and this remains especially vital at this unprecedented time in our history. Every NFCC counseling session costs us \$175, yet our clients pay no more than \$95 per session. Because we want to make quality counseling available for every Houstonian, clients have three payment options: a low, private-pay rate of \$95 per session, insurance, and a reduced fee sliding scale. As unemployment numbers increase, we expect the need for our sliding scale will also. Your donation to the **Because Counseling Matters Annual Fund** would enable us to continue to meet this increasing need for counseling in the Houston community.

Although we adapted quickly and efficiently as the COVID-19 crisis unfolded, like any small business, we are facing difficulties. Clients are cancelling scheduled sessions, which leads to lost revenue and threatens our ability to continue to pay our highly-regarded counselors for their scheduled hours. Continuing to provide consistent income for our current clinical staff is essential to continuity of care for our clients and the success of NFCC.

In 2020, it is our hope to hire a 13<sup>th</sup> counselor to help reduce the number of clients on our waitlist. Although the COVID-19 outbreak has made that plan more difficult, we anticipate the need for counseling will only increase in the coming months. As a result, the support of our donors has never been more critical to NFCC and the Houston community. We hope that, with your help through a donation to the **Because Counseling Matters Annual Fund**, NFCC can continue to invest in its existing employees and onboard a new counselor to help meet the increasing need for mental health services. Importantly, the support of our 2019 **Because Counseling Matters Annual Fund** donors was instrumental in allowing us to:

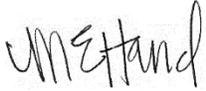
- Serve over 900 clients through 7,400 on-site counseling sessions;
- Offer a Survivors of Suicide group to individuals who have lost a friend or loved one to suicide, free of charge, and;
- Provide 17 free community outreach talks to over 500 individuals on topics including life's transitions, teens and vaping, grief, boundaries and self-care, trauma, and parenting skills



*Nick Finnegan Counseling Center is a self-sustaining ministry of St. Luke's United Methodist Church which is a 501 (c)(3) non-profit corporation and all donations are tax-deductible to the extent allowed by law.*

While we recognize this is an unprecedented time, we hope you will consider making a gift to the Nick Finnegan Counseling Center's **Because Counseling Matters Annual Fund**. We are grateful for your support and helping to make sure that everyone can access quality mental health care, especially in this time of crisis, *because counseling matters*.

Sincerely,



Mary Elizabeth Magness Hand  
*Executive Director*



Joe Herman  
*Advisory Board Chair*

## WHERE OUR FUNDS GO

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

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

*\*This chart highlights the large percentage of our funds that went directly towards service provision and sliding scale expenses last year.*