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Did you know that May is **Mental Health Awareness Month**? During this month, we work to raise awareness and reduce the stigma surrounding mental healthcare. This year, as we continue to contend with the impacts of the COVID-19 pandemic, recognizing the mental health needs of our community and ensuring everyone has access to quality care is more important than ever.

The Nick Finnegan Counseling Center (NFCC) has been committed to providing mental health counseling services and resources to everyone regardless of age, finances or beliefs for the past 13 years. The COVID-19 pandemic has only exacerbated existing mental health issues experienced by so many Americans, and mental health disorders are expected to be the second wave of the pandemic. **Nick Finnegan Counseling Center is determined to be part of the solution.** Your past support of NFCC has been instrumental to our longevity and success in meeting a critical need in our community.

Sensing the increased need for counseling, NFCC adapted quickly and efficiently early in 2020. At the onset of the pandemic, NFCC transitioned to performing all counseling sessions online through a HIPAA-compliant telehealth option. When we partially reopened in June 2020, we continued to offer this option alongside socially distanced in-person counseling. From March through December 2020, 89% of our counseling sessions were performed via telehealth. It has been NFCC's top priority to keep our clients and counselors safe during this pandemic.

Thanks to telehealth and the support of our donors, we were able to ensure that our clients never experienced a break in their therapy and were able to take on new clients efficiently. Telehealth has provided greater accessibility for our clients and counselors and has allowed NFCC to experience exponential growth in the past year. In fact, NFCC was able to provide 8,735 counseling sessions in 2020, which is a 17% increase from 2019!

The Nick Finnegan Counseling Center's **Because Counseling Matters Fund** helps the counseling center fulfill its mission and provide our community with affordable counseling and mental health resources when it is most needed. Thanks to the support of our donors in 2020, the **Because Counseling Matters Fund** helped cover the unexpected cost of telehealth counseling, offset the cost of almost half of the counseling sessions provided on our sliding scale and allowed NFCC to offer one free counseling session to anyone who experienced a job loss as a result of COVID-19 during May in recognition of Mental Health Awareness Month.

During Mental Health Awareness Month, we hope you will consider partnering with us again this year to raise awareness about mental healthcare. **A monthly gift of \$150 to the Because Counseling Matters Fund will cover 16 counseling sessions** and enable NFCC to continue to offer accessible and affordable counseling services to anyone. Our passion for our community and our desire to help people continue to navigate and heal after the pandemic is going to continue to fuel our growth, **because counseling matters.**

Sincerely,

A handwritten signature in black ink, appearing to read 'ME Hand'.

Mary Elizabeth Hand
Executive Director

A handwritten signature in black ink, appearing to read 'Joe Herman'.

Joe Herman
Advisory Board Chair

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.

8 Good things to know about NFCC...

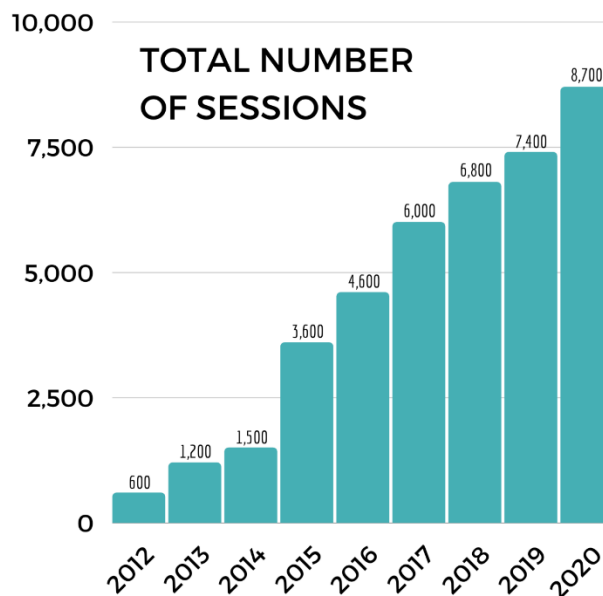
- NFCC offers three different payment options: insurance, a private-pay rate of \$95 or lower, and a sliding scale. *We never want anyone to be turned away due to financial difficulties.*
- Each counseling session costs NFCC \$175, but our clients never pay more than \$95.
- In 2020, NFCC offset \$97,000 in client fees for clients who utilized our sliding scale.
- NFCC and its 12 licensed counselors provided in-house and telehealth counseling sessions to nearly 800 individuals, couples, children and families in 2020.
- From March through December 2020, 89% of our counseling sessions were performed via telehealth.
- October 2020 was our largest month in history, with 814 counseling sessions held.
- NFCC is passionate about serving our community. During COVID-19, NFCC developed a free resource page with articles, videos, and social media posts that addressed potential mental health concerns related to the pandemic.
- NFCC made pro-bono telehealth (both video and phone) counseling available to all of its practicum partners at the onset of the pandemic. Thanks to this, both Salvation Army Family Residence and Communities in Schools were able to continue their partnership with NFCC during 2020.

From our 2020 annual review

WHERE OUR FUNDS GO

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|--|-------|
| Clinical Staff | 41.4% |
| Non Clinical Staff | 29.9% |
| Personnel Benefits & Payroll Taxes | 12.5% |
| Sliding Scale Expenses | 6.6% |
| Facilities | 5.2% |
| Other Expenses | 1.5% |
| Continuing Education & Contract Services | 1.2% |
| Security | 1.1% |
| Malpractice Insurance | 0.4% |
| Marketing | 0.2% |

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



Donate online at FinneganCounseling.org/counselingmatters

All gifts received towards the Because Counseling Matters Fund provide unrestricted support for the Nick Finnegan Counseling Center.