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Executive Director

The Nick Finnegan Counseling Center is passionate about making our community a better place by reducing the stigma of mental health counseling and guaranteeing that counseling services, outreach programs, professional trainings, and support groups are affordable and easily accessible. Your support has been instrumental in our growth over the last decade, and **we hope you will consider a gift to the *Because Counseling Matters Fund* so that we can continue to reach more people and keep counseling affordable.**

According to Mental Health America's 2022 Report on the State of Mental Health, **Texas ranks last in access to care.** Specifically, our state is lowest in the nation regarding access to insurance, access to treatment, quality and cost of insurance, access to special education, and workforce availability. Awareness of, access to, and affordability of community mental health resources are three major players in determining whether a person can get the support they need during times of increased stress and NFCC prioritizes all three. The National Alliance on Mental Illness also shares the staggering statistic that **50% of all lifetime mental illness begins by age 14, and 75% begins by age 24.** This highlights the immense need for our community to have a place like NFCC, which serves children as young as three all the way through adolescence and adulthood.

Expanding access to mental health services is and always has been fundamental to NFCC's mission, and we do so by offering insurance options, a sliding scale, and a low private pay rate of \$95. The ***Because Counseling Matters Fund*** helps support those payment options so that no one is ever turned away due to finances.

While one-on-one counseling services remain our primary focus, we have worked hard the past few years to increase our outreach to the community. In 2021, we introduced a new podcast, *"Through the Seasons of Mental Wellness,"* expanded our counselor talks to new organizations and businesses, and continued our partnership with Communities in Schools to ensure students with few resources were provided access to counseling.

The link that connects every individual involved with NFCC is our passion for making this community a better place. Our growth over the last decade is a testament to the dedication and commitment we have to our community as we continue to reach more people and offer mental health services that will have a lasting impact. Your support is vital in allowing us to continue to support our community's growing mental health needs. **Thank you for considering a donation to the Nick Finnegan Counseling Center because counseling matters.**

Sincerely,

Mary Elizabeth Hand
Executive Director

Jennifer Bowen
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.

Nick Finnegan Counseling Center

fast facts

WHERE OUR FUNDS GO

NFCC knows that investing in our highly-qualified counseling staff and focusing on staff retention is critical to allowing our clients to form therapeutic relationships. Ensuring we have a skilled and dynamic team allows our clients to receive the best possible care.

Clinical Staff	43.0%
Non Clinical Staff	27.7%
Personnel Benefits & Payroll Taxes	13.0%
Sliding Scale Expenses	6.1%
Facilities	5.1%
Continuing Education & Contract Services	1.6%
Other Expenses	1.5%
Security	1.2%
Malpractice Insurance	0.5%
Marketing	0.3%

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

84%

In 2021, 84% of our clients saw their counselors via Telehealth. This has greatly expanded access to individuals who are in need of counseling but unable to attend in-person counseling sessions at NFCC.

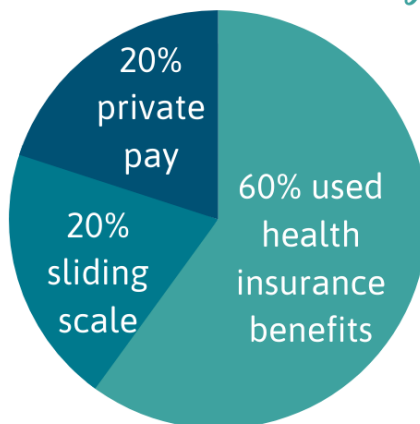
122

In 2021, we served individuals from 122 zip codes! NFCC's growth over the past decade is a testament to the dedication and commitment we have to our community as we continue to reach more people and offer services that have a lasting impact.

\$91,000

In 2021, NFCC provided \$91,000 in scholarships to clients who utilized our sliding scale.

How Clients Pay:



51%

of our income came from donations in 2021. We depend on your support to help our community.

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