Our 2022 fall practicum student, Neesa, provided counseling every Wednesday at St. Mark's and it was a complete success. Not only did this partnership provide the hours needed, but she has also been able to work with a variety of ages, received strong support from the staff and grown her confidence and skills over the semester. Neesa was invited back to St. Mark's for another semester.

NFCC is proud of how our outreach and education have grown in the community and specifically the growth of our Practicum Program. In this program, NFCC partners with several graduate schools to provide a site for counselors in training to complete their state required counseling session hours and supervision, before graduation. NFCC has provided training for 16 counselors since the program began in 2016.

After the pandemic, due to varying reasons, we needed to find a new practicum placement for our students. Garhett Wagers, NFCC’s Advisory Board Vice-Chair and Head of School at St. Mark’s Episcopal School, suggested St. Mark’s as a new partner site for the practicum program.

When given the opportunity to take on the role of advisory board chair, I was honored and excited to work closely with NFCC’s directors and advisory board to find new ways to serve the Houston community. I have had the privilege of watching NFCC grow substantially over the past few years, trying desperately to keep up with the constant and urgent demand for quality mental health care.

In 2022, NFCC introduced two new venues for our annual fundraisers. These changes meant more space to invite guests allowing them to learn about the work we do. This resulted in record-breaking fundraising, which means our supporters ‘got the memo’ - accessibility to mental health care affects us all! As we like to say, “Everything is bigger in Texas and there is a lot of ground to cover.” I am so proud to be a part of an organization that truly embodies its mission statement, providing affordable and accessible counseling services to anyone regardless of differences such as age, finances or beliefs.

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NFCC is grateful to have such strong community partnerships and passionate advisory board leadership. Stories like this one are not uncommon for us. We’ve continuously seen how our surrounding community comes together to make mental health care happen!

We could not end this note without mentioning how our generous donors are a huge part of our success. Last year NFCC had hundreds of donors support NFCC’s mission. This was absolutely incredible! We can’t wait to see what 2023 brings as Nick Finnegan Counseling Center celebrates 15 years of serving the greater Houston area. We hope you come along for the ride!
Jennifer Bowen, Chair
Garhett Wagers, Vice Chair
Elise Banks
Laurel Bashaw
Anna Domning
Julie Duong
Sara Eggleston
Ken Ennis
Julia Wood Harris
Becky Helms
Chuck Helms
Joe Herman, Past Chair
Richard Hightower
Jay Magness
Robert McFadden
Julie Payne
Stephen Popp
Julie Samson
Shannon Waiter
Jennifer Welch
Lauren Woo
Loyd Wright
Heather Timmis, Clinical Director

The Nick Finnegan Counseling Center Foundation Board of Directors
Todd Greenwalt, Chair
Mary Elizabeth Hand, President
Caroline Cron
Bill Finnegan
Michelle Shonbeck

NFCC is a self-sustaining ministry of St. Luke's United Methodist Church.

The Nick Finnegan Counseling Center Foundation commenced operations on January 1, 2020 to maximize fundraising opportunities to support NFCC’s mission.

Amount covered by NFCC for clients who utilized our sliding scale:

$84,000

60% of clients saw their counselors via Telehealth.

WHERE OUR FUNDS GO

Clinical Staff: 39.3%
Non Clinical Staff: 29.4%
Personnel Benefits & Payroll Taxes: 13.2%
Facilities: 6.2%
Counseling Session Scholarships: 5.5%
Security: 2.4%
Program Expenses: 1.9%
Continuing Education & Contract Services: 1.4%
Malpractice Insurance: 0.4%
Marketing: 0.3%

DONATION BREAKDOWN

Foundations: 41%
Corporations: 10%
Individuals: 49%

In 2022, our advisory board members steered NFCC’s Share the Love campaign, bringing in nearly $30,000 in just one month!

The Because Counseling Matters annual fund provides essential, unrestricted support for the Nick Finnegan Counseling Center. Since 2019, over $250,000 has been raised to cover the costs of support groups, replace therapeutic books, board games, toys, and art supplies used during therapy. The annual fund has also provided scholarships for clients utilizing our sliding scale, and offset the cost of producing our podcast.

We served clients from 123 zip codes
422 unique donors made gifts to NFCC in 2022
Our Community Partners
Communities in School (Staff)
Fusion Academy Sugar Land
Heights Heights School
Lamar High School
Lanier Middle School
St. Luke’s Day School
St. Mark’s Episcopal School
St. Thomas High School
Texas Southern University (TSU)
West U Methodist School

In the News
In addition to providing talks for local groups, our counselors are sought after for their expertise concerning the role mental health plays in current events.

In the Fall of 2022, NFCC partnered with West U Methodist School to provide a social skills group for 4-6-year-olds. Our new Outreach Counselor Anna Crain, worked with nine children for six weeks, to focus on social-emotional learning. Anna helped these children develop specific skills to identify their emotions, calm their bodies down, play well with friends, and follow directions. The group was a tremendous success and families reported improvement in their children at home and school. Anna was invited back to host another group in the Spring of 2023.

Training
In 2022, we added a second National Board for Certified Counselors (NBCC) approved continuing education training, for mental health professionals. Our Lead Clinician, Lizzy Bowen, LCSW and LPC-Associate, David Lara, led Trauma-Informed Practices for Working with First Generation Immigrant Youth and Young Adults, via Zoom. Thanks to the successful completion of this additional training offering, NFCC is now an NBCC Approved Continuing Education Provider (ACEP). We are excited to use this program to expand our reach by training counselors and other mental health professionals in 2023!

Children's Social Skills Group
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Podcast
Season 2 of NFCC's Guide Through the Seasons of Mental Wellness is focused on relationships and launched in the Spring of 2022. This successful season brought in listeners from in and outside of the U.S. We are thrilled about how the podcast has extended NFCC's reach beyond our clients. With an average of three listeners per day, the episodes provide free mental health information that is accessible anytime and anywhere. Season 3 is all about healing and launches on March 31 (Nick Finnegan’s Birthday), with 10 episodes! NFCC’s Guide is available on all major platforms including Apple Podcast and Spotify, we hope you'll give us a listen and share it with a friend!
12th Annual Crack ‘em for a Cause Crawfish Boil

Our spring Crawfish Boil was chaired by McKenzie and Patrick Atwood, Kerbey and Simon Feinsilver, Amanda and Eric Lodge, and Margaret and Jay Magness. The event featured live music from our favorite local band, Twist and Shout at the beautiful new venue, Memorial Trail Ice House. This family-friendly event raised a record $37,000!

14th Annual Tree of Life Gala

Our fall Tree of Life Gala was chaired by Reagan and Jim Bailey, Kathryn and Jimmy Bailey, Susan and Ben Cravens, and Mary Evans and Ben Cravens.

We were delighted to honor our former advisory board chair and dear friend of Nick Finnegan, Joe Herman, as our 2022 Angels Among Us award recipient.

The evening welcomed hundreds of guests who enjoyed the wine pull, a rousing game of Heads or Tails, Paddles Up! and a live auction, which together brought in a record $420,000 to help NFCC continue to make mental health counseling affordable and accessible!

Get involved!

• Invite someone you know to follow us on social media.
• Share this report with a friend and tell them what you love about NFCC.
• Listen to our podcast, NFCC’s Guide Through the Seasons of Mental Wellness and help others find us by leaving a review!