

2022 Nick Finnegan Counseling Center's ANNUAL REVIEW

I initially became involved with the counseling center to show my support for the Finnegan family. After seeing the great work that this small-but-mighty, non-profit accomplishes and becoming more aware of the consistent rise in mental health issues in our country, I couldn't help but do more.

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.



Garhett Wagers and Jennifer Bowen



Heather Timmis and Mary Elizabeth Hand

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.

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 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!

Heather Timmis

Heather Timmis, MA, LMFT-S
Clinical Director

M. Hand

Mary Elizabeth Hand, M.Ed
Executive Director



Bill, Susan and Scotty Finnegan

2022 Advisory Board

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*

NFCC 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

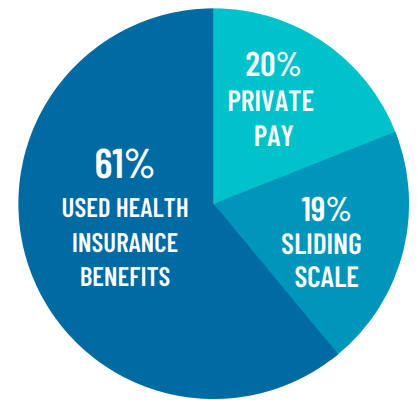
The Nick Finnegan Counseling Center
 Foundation commenced operations
 on January 1, 2020 to maximize
 fundraising opportunities to support
 NFCC's mission.

NICK FINNEGAN COUNSELING CENTER
Because
COUNSELING
MATTERS
fund

\$84,000
 Amount covered by NFCC for
 clients who utilized our
 sliding scale.

In 2022
60%
 of clients saw
 their counselors
 via Telehealth.

HOW CLIENTS PAY



INCOME BREAKDOWN

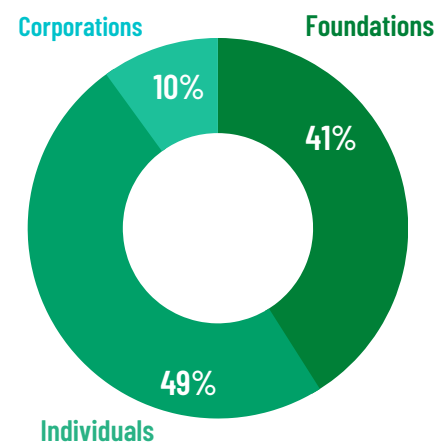


WHERE OUR FUNDS GO

| | |
|--|-------|
| 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% |

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

DONATION BREAKDOWN



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.

In 2022, our advisory board members steered NFCC's *Share The Love* campaign, bringing in nearly **\$30,000** in just one month!

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 High 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

Our counselors help children, individuals and couples with...

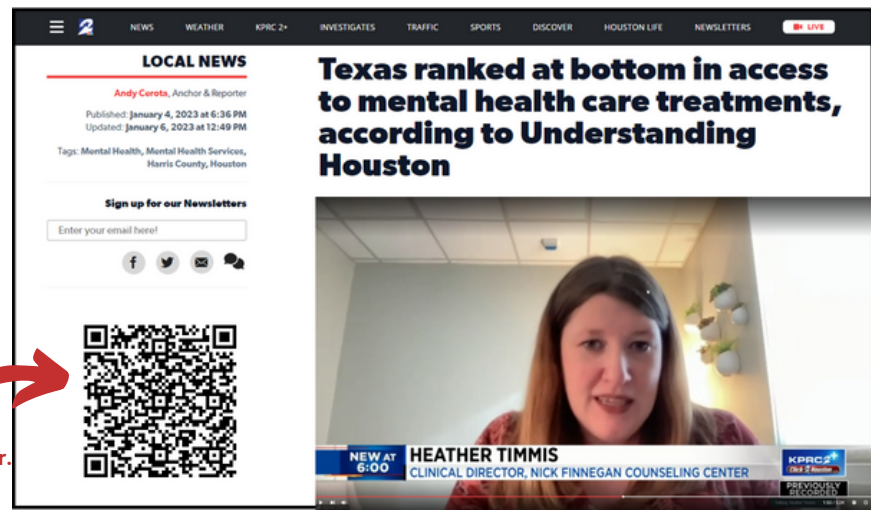
Addiction
ADHD
Adoption
Anger
Anxiety
Autism Spectrum
Blended families
Body image issues
Bullying
Couples
Depression
Disruptive behaviors
Divorce/separation
Domestic violence
EMDR
Family conflict
Grief
LGBTQ+
Medical diagnoses
Parenting
Postpartum
Pre-marital
PTSD
Relationship issues
Sibling problems
Self harm behaviors
Self-esteem
Social skills
Spiritually based counseling
Substance abuse
Trauma
Work/office relationships

...we also have an extensive referral database for needs beyond this list. Just call our office at 713.402.5046.

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.

Scan the code to watch this important clip from KPRC Channel 2 News, featuring NFCC's clinical director.



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

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.



Anna Crain, LMSW, Outreach Counselor

Podcast

Season 2 of **NFCC's Guide Through the Seasons of Mental Wellness** 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 **\$137,000!**



Stuart Ford, Gala Auctioneer and Lauren Huschka, NFCC's Donor Relations Specialist



Eric & Amanda Lodge (Olivia), Simon & Kerbey Feinsilver (Ellie), McKenzie & Patrick Atwood, Margaret & Jay Magness (James)



Twist and Shout's, Richard Hightower, Advisory Board Member



Addison Elliott, Annie Hand and Conley Woodroof enjoying the photo booth

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!



Allison and Chuck Helms, Advisory Board Member



NFCC counselors, McKenzie and Donyé, enjoyed helping with the wine pull.



Gala chairs giving a warm welcome to a big crowd!



Heads or Tails was fun for all!

Save these dates!

13th Annual Crack 'em for a Cause Crawfish Boil

Saturday, April 1 | 11 am - 2 pm
@ Memorial Trail Ice House

Chaired by:
Leanne and West Gotcher
Amanda and Ryan Savoie
Leigh and Jeff Williams

15th Annual Tree of Life Gala

Wednesday, October 11
@ Armadillo Palace

Chaired by:
Carla and Cole Dawson
Clare and Scooter Smith

Follow us for details about this event.

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!



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