

# DEAR NFCC COMMUNITY,

It is an honor to be the Executive Director of the Nick Finnegan Counseling Center. Nick and I were what you would call “sandbox friends”, friends from the very beginning. Being at NFCC for the last ten years has been an incredible opportunity to raise awareness about the importance of mental health and increase access to services in our community while honoring the legacy of my dear friend, Nick.

In my role as Executive Director, one of my top goals is to cultivate a healthy and positive work environment. I want NFCC to be a place where my team feels fulfilled and inspired in the work they are doing. When we as a team feel that dedication to the mission, it touches the lives of every person we interact with. We believe that when one person receives counseling, it can positively impact the way they interact with their family and friends, and have a ripple effect on how they interact with their community as a whole. Your support of NFCC's counseling services and outreach programs has that same ripple effect; you are making a positive difference in not just our clients' lives, but our entire community.

The Because Counseling Matters Fund is the core of philanthropy at NFCC and I hope you will choose to make a gift this year. Your gift enables us to continue to provide affordable and high-quality counseling services and grow our outreach program to serve even more people in our beloved city. Thank you so much for your consideration!

Sincerely,



Mary Elizabeth Hand, M.Ed  
NFCC Executive Director

## NFCC LEADERSHIP

### *Foundation Board of Directors*

Bill Finnegan  
Todd Greenwalt, Chair  
Mary Elizabeth Hand, President  
Michelle Shonbeck

### *Advisory Board*

Garhett Wagers, Chair  
Patrick Atwood, Vice Chair  
Jennifer Bowen, Past Chair

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Diego Estrada	Allison Schaffer
Julia Harris	Heather Timmis
Chuck Helms	Diane Vines
Joe Herman	Jennifer Welch
D'Haina Hunt	Lauren Woo

## WAYS TO SUPPORT



16th Annual  
*Tree of Life Gala*  
October 2024



Crack 'em for a Cause  
*Crawfish Boil*  
Saturday, April 27<sup>th</sup>



Because Counseling Matters  
*Annual Fund*

If your company is interested in partnering with NFCC,  
please reach out to learn more about our  
corporate partnership opportunities!

# NICK FINNEGAN COUNSELING CENTER *Because* **COUNSELING** **MATTERS** ANNUAL *fund* 2024

## OUR MISSION

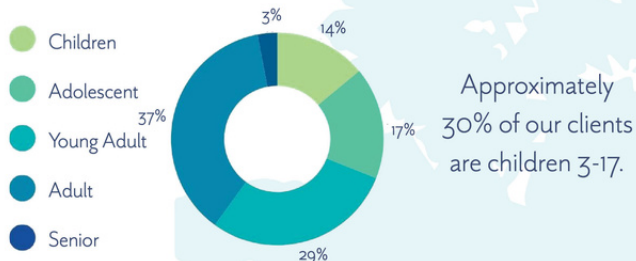
TO PROVIDE AFFORDABLE AND ACCESSIBLE  
COUNSELING SERVICES TO ANYONE  
REGARDLESS OF DIFFERENCES SUCH AS  
AGE, FINANCES, OR BELIEFS

[WWW.FINNEGANCOUNSELING.ORG](http://WWW.FINNEGANCOUNSELING.ORG)

# COUNSELING SERVICES

In 2023, we hosted  
**8,240 SESSIONS**  
with over  
**750 CLIENTS**

- On-site and telehealth counseling services for individuals ages 3+, couples, groups, and families, addressing issues such as depression, anxiety, grief, addiction, ADHD, trauma, PTSD, stress management, life transitions, parent-child relationships, school & behavioral issues, and more



Approximately  
30% of our clients  
are children 3-17.

## HIGH QUALITY COUNSELING *an accessible and affordable option*

- Each session costs NFCC roughly \$200, yet the most we charge is \$95 because we want to remain an affordable option.
- Approximately 80% of our clients bill through insurance or utilize the reduced fee sliding scale.
- \$78,000 helps us fund scholarships for our sliding scale clients.

**\$34,429**

is the average income of our clients,  
who pay an average of \$33 per session  
when using our sliding scale.

# COMMUNITY OUTREACH

## STUDENTS

*shaping the future wellbeing of our city*

- Free counseling for students on their campus through our partnership with Communities in Schools (CIS)
- Free mental health talks addressing a variety of topics including bullying, social media, navigating friendships, teen dating, mental health, and suicide
- Camp Nick: a week-long social skills group for children that are working on identifying and regulating emotions

## COMMUNITY AT LARGE

*meeting people where they are*

- Mental health talks in businesses, neighborhoods, and community organizations on a variety of topics including managing stress, building healthy habits, parenting self-esteem, and social media & screen time
- NFCC's Guide Through the Seasons of Mental Wellness Podcast
- Approved provider of continuing education for mental health professionals by the National Board of Certified Counselors (NBCC)

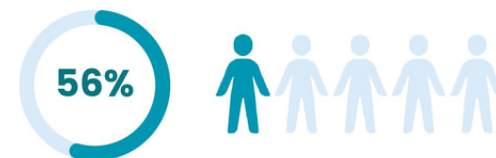
## PRACTICUM PROGRAM

*training the next generation of counselors*

- Training program for graduate students working toward their master's degree in mental health
- NFCC has partnered with organizations such as the Salvation Army, Young Adult Resource Center, Tony's Place, and St. Mark's Episcopal School.

# WHY GIVE?

## THE NEED



- 1 in 5 U.S. adults experience mental illness each year; 56% do not receive treatment.\*
- 1 in 6 U.S. youth experience mental illness each year.\*\*
- Suicide is the 2nd leading cause of death among people ages 10-24 in the U.S.\*\*

**50%** of mental illnesses begin by age 14,  
and 75% begin by age 24.\*\*



Texas is ranked last in the US in access  
to mental health care. \*

\*Mental Health America

\*\* National Alliance on Mental Illness

## THE CALL

*make an impact*

A gift to the Because Counseling Matters Fund is the best way to make an immediate impact on the clients and community that we serve. Your support will allow us to continue our important mission to provide affordable, accessible, and high-quality counseling services and to expand our impact through our community outreach programs.

*Thank you*

for considering a gift to the  
Nick Finnegan Counseling Center  
this year and partnering with us to change lives.