

NICK FINNEGAN COUNSELING CENTER 2023 ANNUAL REVIEW

Celebrating
15 years
of NFCC
with

8240

SESSIONS

750

CLIENTS

in 2023



Nick Finnegan Counseling Center staff, Fall 2023

Having been at the counseling center for 10 years, the opportunity to watch it flourish over the last decade has been unbelievable. We have more than doubled our staff and the number of clients we serve and created a booming outreach program. NFCC has an incredibly supportive community, and it has been inspiring to see how contagious the passion for our mission can be. From board members to event chairs and volunteers, we have only accomplished these dreams because of the support and dedication of so many people, like you!

We may never know when we will need a counselor, but having access to quality care that is affordable is not easy to come by. NFCC's purpose is to bridge that gap and meet people where they are. Not everyone seeks counseling for grief or trauma; some seek it for personal growth or to help their child develop positive coping skills. Regardless of why they are seeking counseling, my hope is that NFCC will always be there with an open door to serve our community.

To ensure that we can do that, we must continue to grow our support alongside our programming as the demand for counseling increases. There are many ways to be involved with NFCC including serving on our board, chairing a fundraiser, facilitating a new partnership between NFCC and a place you know, or simply making a donation. Whether your involvement is big or small, know that you are making a meaningful difference! Our outreach program has expanded tremendously to offer community talks and groups at schools, businesses, and churches all over Houston. Our supporters love helping us make new connections and the feeling is mutual. We know that we can make a bigger impact when we work together!

I am personally grateful for the amazing staff at the counseling center who work passionately every day to carry out our mission. NFCC is such a special place that honors my dear friend, Nick, and makes such a positive difference in Houston. If you are interested in learning more about how you can become involved or have questions about NFCC, please reach out! Thank you for supporting NFCC and lifting up our mission to provide affordable and accessible counseling services to anyone regardless of age, finances or beliefs.

Gratefully,

Mary Elizabeth Hand, M.Ed
Executive Director

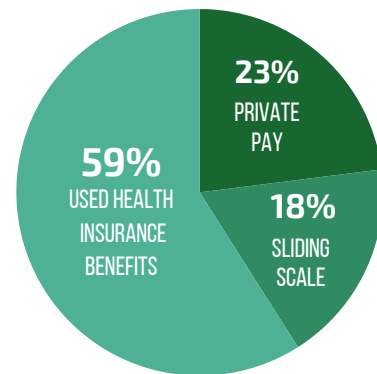


IT COSTS NFCC ABOUT \$200 PER SESSION

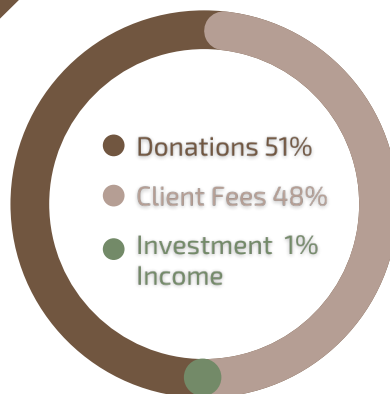
The highest rate any client pays is \$95

Our clients pay an average of **\$33** per session when utilizing our sliding scale

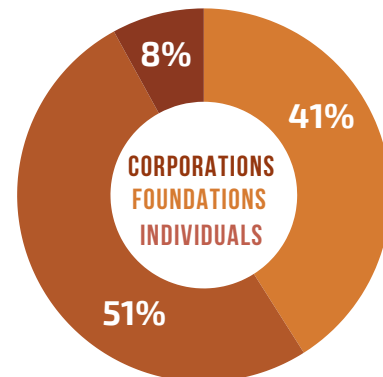
HOW CLIENTS PAY



INCOME BREAKDOWN



DONATION BREAKDOWN

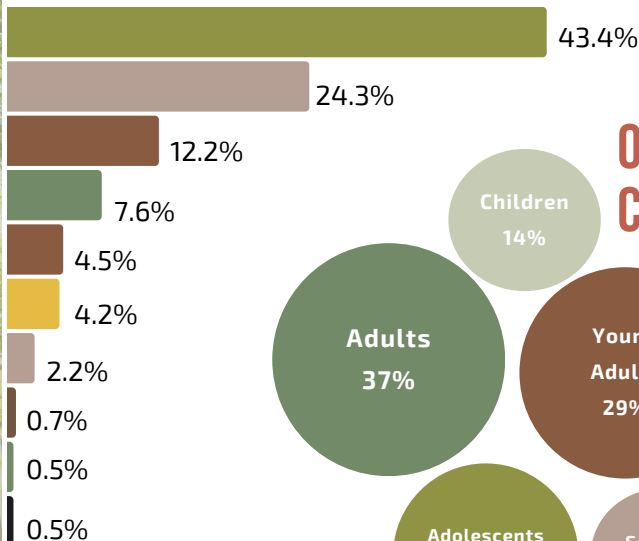


\$78,000

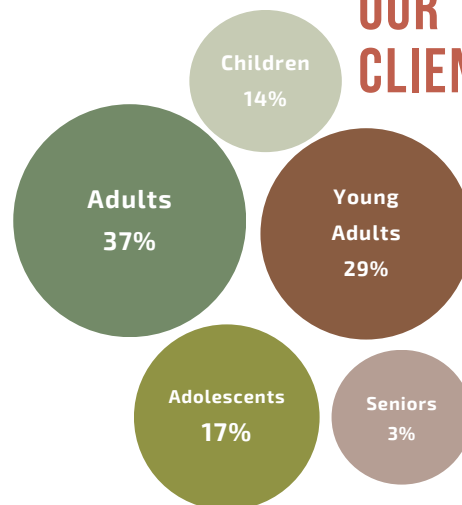
FUNDED SCHOLARSHIPS FOR SLIDING SCALE CLIENTS

WHERE OUR FUNDS GO

- Clinical Staff
- Non Clinical Staff
- Personnel Benefits and Payroll Taxes
- Facilities
- Sliding Scale Expenses
- Program Expenses
- Security
- Continuing Education & Contract Services
- Malpractice Insurance
- Marketing



OUR CLIENTS



Of the approximately

120

RESIDENTIAL ZIP CODES OF NFCC CLIENTS

nearly **1/3** were zip codes with an average household income lower than the median (\$53k) in greater Houston.



Crawfish with all the fixins!



Face painting fun



Ashley Guillory and April Henderson



Leigh Williams, Leanne Gotcher and Amanda Savoie



Crawfish cuties!

13TH ANNUAL CRACK 'EM FOR A CAUSE CRAWFISH BOIL

Event Chairs Leanne and West Gotcher, Amanda and Ryan Savoie and Leigh and Jeff Williams planned a family friendly event where guests of all ages enjoyed all-you-can-eat crawfish, live music and activities!

**THIS EVENT RAISED
\$138,000**

AND HAD ROUGHLY 400 ATTENDEES



Mary Elizabeth Hand and Heather Timmis



Advisory board member, Jay Magness



Phillip Hablinski, Bill and Susan Finnegan, Terrell and Spencer Branch, Scotty Finnegan and Maggie Archer



Fun activities for the kids

SAVE THE DATE! 14TH ANNUAL CRACK 'EM FOR A CAUSE CRAWFISH BOIL

SATURDAY, APRIL 27 | 11 AM - 2 PM @ MEMORIAL TRAIL ICE HOUSE

CHAIRD BY: MARY AND PARKER BURKETT, BRYCE AND BOBBY MAGNESS, MARY ALEX AND CARTER MIZELL, & CALLIE AND MASON STRANGE



McKenzie Palmer, Courtney Bassett and Lizzy Bowen



Cole and Carla Dawson with Clare and Scooter Smith



Amy Greenwood and Annette Stevens

15TH ANNUAL TREE OF LIFE GALA

This monumental event was chaired by early NFCC Advisory Board members Carla and Cole Dawson and Clare and Scooter Smith. In celebration of 15 years, our leadership was unanimous in the decision to honor NFCC Executive Director and childhood friend of Nick Finnegan, Mary Elizabeth Hand, with our 2023 Angels Among Us Award. Guests enjoyed a Wine Pull, Tequila Pull, Heads or Tails, and Paddles Up!

THIS EVENT RAISED
A RECORD
\$460,000



Angels Among Us Honoree, Mary Elizabeth Hand, with Susan and Bill Finnegan



Advisory Board Vice-Chair, Garhett Wagers with Advisory Board Chair, Jennifer Bowen



A rousing game of Heads or Tails!



Becky and Mark Kidd



Courtney and Dylan Stout, Brittany and Matt Steitz with Becky Stephens



Advisory Board Member, Becky Helms

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FOR DETAILS ON OUR 16TH ANNUAL TREE OF LIFE GALA, COMING THIS FALL!

COMMUNITY PARTNERS

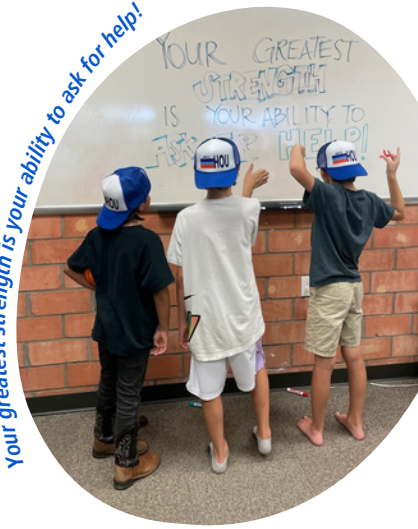
- Frost Bank
- Harris County Youth Village
- Lanier Middle School
- River Oaks Baptist School
- Steel Magnolia Moms
- Salvation Army | Tony's Place
- St. Mark's Episcopal School
- St. Luke's Day School
- St. Luke's United Methodist Church
- West U Methodist School



CAMP NICK

In 2023 we piloted a week long children's camp where campers worked on building social skills, regulating emotions, and gaining a better understanding of self and their surroundings. We are happy to report that it was a success and so transformative for both the kids and the counselors that we are planning to expand Camp Nick in 2024.

Your greatest strength is your ability to ask for help!



OUTREACH TALKS

Our counselors reached over 600 people in 2023 through outreach talks at schools and groups in the Greater Houston Area. Some of our most requested talk topics are:

- Managing Stress
- Positive Discipline
- When to Worry About Worry
- Managing BIG Feelings
- Social Media Safety
- Let's Talk About Sex



Anna Crain, LMSW speaking to students at St. Mark's

CONTINUING EDUCATION TRAININGS

In addition to overseeing our clinical team, giving outreach talks, seeing clients and and supervising the practicum program, NFCC's Clinical Director, Heather Timmis, also facilitates trainings for other mental health professionals.

In 2023 Heather had the privilege of providing a Family Therapy Training to providers at Harris County Youth Village (HCYV). Youth Village is one of three facilities within the Harris County Juvenile Probation Department that houses young people ages 10-17 and provides treatments that address behavioral, educational, mental health, medical and substance abuse needs for its residents.



Heather Timmis, MA, LMFT-5

NFCC was able to provide their staff with continuing education hours that are National Board for Certified Counselor (NBCC) approved. Heather received stellar reviews and was invited back to provide additional trainings in 2024.

COMMUNITIES IN SCHOOLS (CIS)

NFCC is proud to continue sending counselors to provide onsite services at no cost to children at the following schools, through our partnership with CIS.

We are so grateful to our counselors for their commitment to drive to these campuses one day a week to provide much needed services to families with limited resources.

2022-2023 SCHOOL YEAR

- ASHFORD ELEMENTARY- MCKENZIE PALMER, M.ED, LPC
- KEY MIDDLE SCHOOL- LIZZY BOWEN, MS, LCSW
- MILBY HIGH SCHOOL- AMY GREASY, M.ED, LPC
- OUTLEY ELEMENTARY - ANNA CRAIN, LMSW
- WESTCHESTER ACADEMY- JANIE LAQUE, PH.D., LMFT-S, LMSW, LCDC

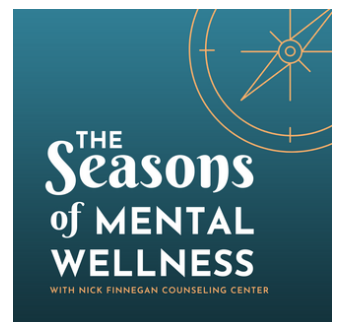
2023-2024 SCHOOL YEAR

- ASHFORD ELEMENTARY- MCKENZIE PALMER, M.ED, LPC
- MILBY HIGH SCHOOL - AMY GREASY, M.ED, LPC
- WESTCHESTER ACADEMY- JULIE DUONG, M.ED, LPC

THROUGH THE SEASONS OF MENTAL WELLNESS

Our podcast is another way that we reach people beyond our walls. Season three welcomed a new host, Anna Crain, LMSW and had twice as many listeners as the previous season. Each episode provides essential mental health information that is accessible anytime and anywhere, free of charge.

Fun fact: 28% of our listeners are outside of the U.S.!





IN 2023, 40% OF SESSIONS WERE CONDUCTED VIA TELEHEALTH

While the majority of our clients prefer in-person sessions, we remain committed to meeting people where they are.

PARENT CHECK-UPS



Donyé Smith, MEd, LPC

At the end of 2023 we launched a new service for parents wanting some guidance on their parenting journey but not quite needing long-term, recurring counseling sessions.

Our Parent Check-Ups are a four session package where parents and caregivers can meet with NFCC counselor, Donyé Smith, MEd, LPC, to set goals and find solutions for everyday issues. Each family is given a workbook as an additional resource and next steps, including referrals for more support if desired.

NFCC works hard to break the stigma about seeking mental healthcare and we see its continued improvement, every year. Counseling Intern, Clarissa Almaguer, shared this about her time serving clients at NFCC, St. Mark's Episcopal School and Tony's Place.

"It is so nice that NFCC has established such a presence in the community and I can show up and do the work without the fight. When you're not having to fight [against stigma] for your place, you can flourish."

-Clarissa Almaguer



COUNSELING MATTERS!

The Because Counseling Matters Annual Fund provides mission-critical, unrestricted support for the Nick Finnegan Counseling Center.

In 2023, the fifth year of the Because Counseling Matters Annual Fund, our generous community gave over \$120,000 that helps to cover the cost of support groups, replace items used in play therapy, contribute toward scholarships for clients who utilize our sliding scale, and much more.



In February 2023, our advisory board led a "Share the Love" campaign that brought in almost \$35,000 in just one month!

2023 ADVISORY BOARD

Jennifer Bowen, *Chair*
Garhett Wagers, *Vice Chair*
Heather Timmis, *Clinical Director*
Sophie Asakura
Patrick Atwood
Elise Banks
Anna DeLuca
Dr. Scott Dorfman
Julie Duong
Sara Eggleston ♥
Ken Ennis
Diego Estrada
Julia Harris

Becky Helms ♥
Chuck Helms
Joe Herman, *Past Chair*
D'Haina Hunt
Jay Magness
Meredith-Leigh Pleasants
Stephen Popp
Julie Samson
Allison Schaffer
Shannon Waiter ♥
Dr. Jennifer Welch
Lauren Woo



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.

FOUNDATION BOARD OF DIRECTORS

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

♥ WE ARE GRATEFUL TO THESE MEMBERS THAT COMPLETED THEIR SERVICE AT THE END OF 2023. IN JANUARY OF 2024 WE WELCOMED OUR NEWEST ADVISORY BOARD MEMBERS: Dean Delery, Katie Montgomery Mears, Elizabeth Plummer and Diane Vines!

Our counselors help children (4+), individuals, couples and families 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.