

# 2024 annual review

NICK FINNEGAN  
COUNSELING CENTER

## THE END OF 2024

brought a special addition to NFCC's courtyard. Generously installed by our neighbors at Thomson + Hansen, our new healing garden allows visitors to paint a rock and leave a lasting impact on NFCC.

The garden was a live auction item at our 16th Annual Tree of Life Gala and is now named Frank Tucker's Garden of Joy! It immediately began to fill, with colorful rocks displaying messages of hope, memories of a loved one or a simple phrase to shine love and light on whoever sees it.

It has been remarkable to see how much joy this garden brings to everyone who walks past; new colorful rocks appearing regularly. It's both calming and healing to stop and admire the art and reflect on the messages.

We invite you to stop by to see it and better yet, take a rock to paint and add to our garden! Let's continue to spread love and light and JOY in every way as we embark on 2025 together!

Sincerely,



Mary Elizabeth Hand  
Executive Director





Frank Tucker's  
Garden of Joy  
Est. 2024

# who we are

## 2024 ADVISORY BOARD

**GARHETT WAGERS**

Advisory Board Chair

**PATRICK ATWOOD**

Advisory Board Vice Chair

**HEATHER TIMMIS**

NFCC Clinical Director

Sophie Asakura  
Elise Banks-Lovely  
Jennifer Bowen  
Dean Delery  
Anna DeLuca  
Scott Dorfman  
Ken Ennis  
Diego Estrada

Julia Harris  
Chuck Helms  
Joe Herman  
D'Haina Hunt  
Jay Magness  
Katie Montgomery Mears  
Meredith-Leigh Pleasants  
Stephen Popp

Elizabeth Plummer  
Julie Samson  
Allison Schaffer  
Diane Vines  
Jennifer Welch  
Lauren Woo

## FOUNDATION BOARD OF DIRECTORS

Stacey Brewer  
At-large Director

Bill Finnegan  
At-large Director

Todd Greenwalt  
Chair

Mary Elizabeth Hand  
President

Michelle Shonbeck  
At-large Director

## our mission

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

# \$35k

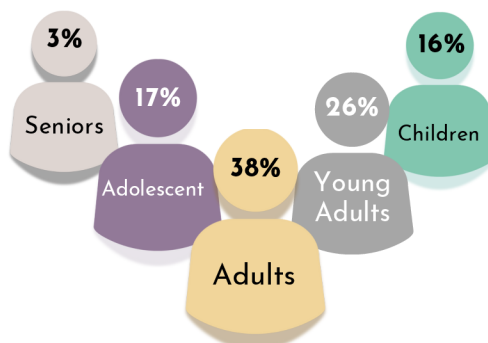
The average annual household income of sliding scale applicants

On average, sliding scale clients were given a per-session rate of

# \$31

# \$93k

funded scholarships for sliding scale clients



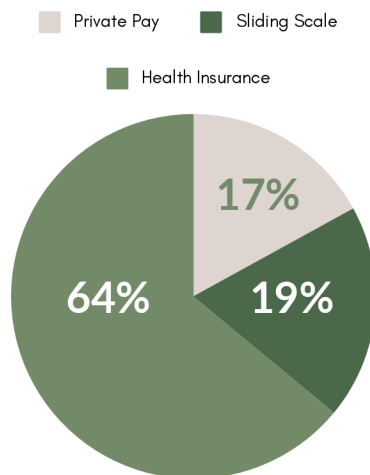
**EACH SESSION  
COSTS NFCC**

# ~\$200

Our clients pay no more than **\$95**

## our clients

### HOW CLIENTS PAY



# counseling matters



## THE BECAUSE COUNSELING MATTERS FUND

provides essential, unrestricted support for the Nick Finnegan Counseling Center.

Thanks to your generous support, we raised a record \$174,000 in 2024,

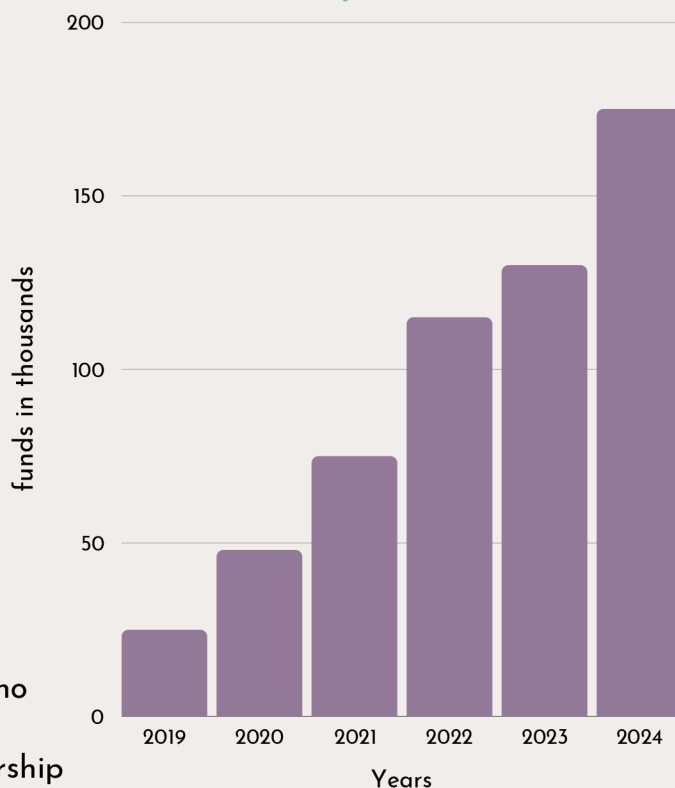
# \$50k

more than ever before!

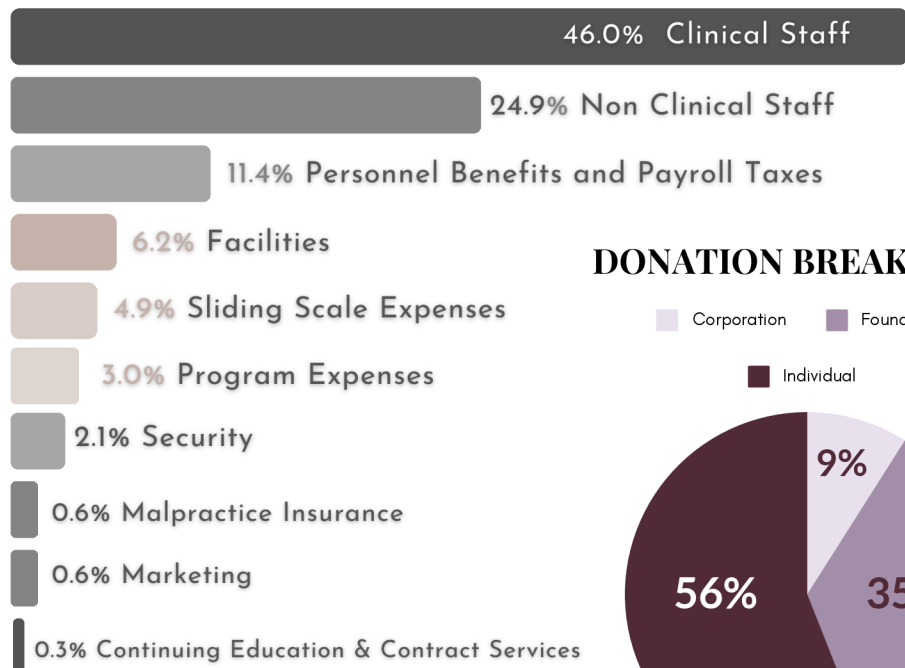
These donations helped provide counseling sessions, expand our community outreach, and cover the costs associated with support groups!

## CORPORATE GIVING

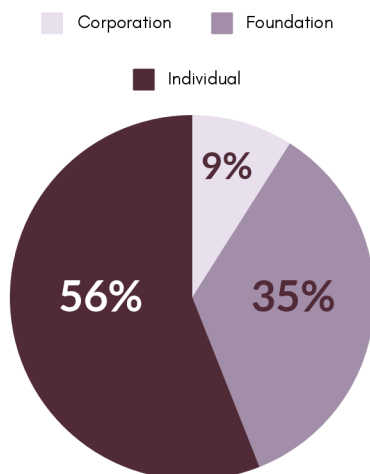
New in 2024, we welcomed several corporate partners who took a public stance in standing up for mental health. Learn more at: [finnegancounseling.org/corporate-partnership](https://finnegancounseling.org/corporate-partnership)



## where our funds go



## DONATION BREAKDOWN



## income breakdown

### DONATIONS

# 58%

### CLIENT FEES

# 39%

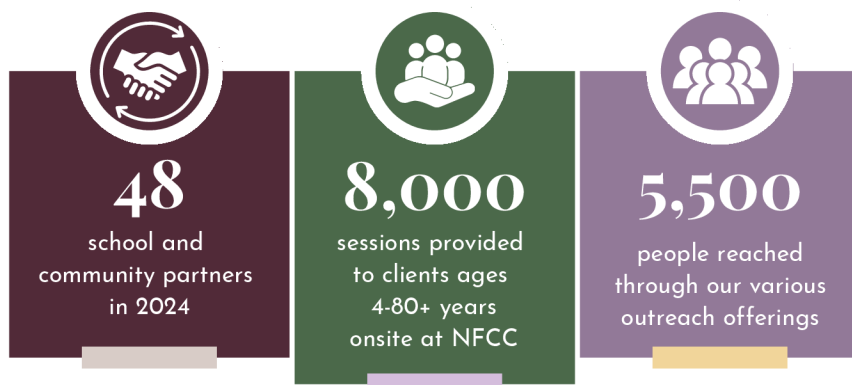
### INVESTMENT INCOME

# 3%

# outside our walls

Our counselors help  
individuals, couples &  
families *with...*

In addition to traditional on-site services, NFCC's ever-expanding outreach program is one of our most exciting endeavors. Our team of outreach counselors provide support groups and mental health education to students and parents. They also provide training for teachers and workplace wellness talks. With the help of our corporate partners, NFCC made a commitment to provide pro-bono outreach services to Title I schools in the greater Houston area. We also filled a need for on-campus groups. Our outreach team delivered five skills-based groups (Relational Aggression, Social Skills and Girls Self-Esteem) at YES Prep Southwest Secondary, YES Prep Hobby Secondary, and West University Methodist School.



## COMMUNITIES IN SCHOOLS (CIS)

Through our CIS partnership, NFCC has provided free campus-based individual therapy to Houston area students, once a week, during the school year, for more than six years. NFCC counselors are currently placed at Milby High School, Ashford Elementary, and Westchester Academy.



## PRACTICUM PROGRAM

NFCC is a training site for the next generation of mental health counselors. Our Clinical Director supervises graduate students from several universities, as they provide direct support to clients at NFCC and our off-site partners. Our 2024 off-site partners were St. Mark's Episcopal School and Tony's Place (Salvation Army). NFCC's practicum counselors also have the opportunity to observe counseling sessions performed by NFCC counselors, to obtain the necessary hours needed for program completion.



## SURVIVORS OF SUICIDE SUPPORT GROUP (SOS)

The need was great enough to host two cohorts of our Survivors of Suicide Loss Support Group, one in January and another in September. Led by Lizzy Bowen, LCSW, and David Lara, LPC-A, our SOS groups provide a lifeline to survivors who feel isolated and alone in their grief and loss; often compounded by the stigma and shame associated with suicide. This group gives participants a safe and healing space to build resiliency, community, and find support.

Addiction  
ADHD  
Anger  
Anxiety  
Autism Spectrum  
Blended families  
Body image issues  
Bullying  
Couples  
Depression  
Disruptive behaviors  
Divorce/separation  
Domestic violence  
EMDR  
Family conflict  
Grief  
LGBTQ+  
Life transitions  
Medical diagnoses  
Parenting  
Postpartum  
Pre-marital  
PTSD  
Relationship issues  
Sibling problems  
Self-harm behaviors  
Self-esteem  
Social skills  
Spirituality 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.*



# community partners

Annunciation Orthodox School  
Bunker Hill Elementary  
Duchesne Academy of the Sacred Heart  
Etoile Academy - Bissonnet  
Etoile Academy - Hornwood  
Harris County Juvenile Probation Dept.  
Lanier Middle School  
Memorial High School  
MetroNational  
Milby High School  
River Oaks Baptist School  
River Oaks Elementary  
SLA by Jenny Sanchez  
St. Agnes Academy  
St. John's School  
St. Luke's Day School  
St. Luke's United Methodist Church - Gethsemane  
St. Luke's United Methodist Church - Westheimer  
St. Mark's Episcopal School  
Steel Magnolia Moms  
United Methodists Christian Educators Fellowship  
West University Methodist School  
YES Prep Public Schools (10+ campuses)

# new outreach initiatives

## 01 MOM TALKS

Who takes care of the person who takes care of everyone else? NFCC! Our first talk series featured counselor led talks, including: When to Worry about Worry, The Mental Load of Motherhood and Managing Big Feelings: My Child's and My Own. Mothers with children of all ages met at St. Luke's for a little mental health support and community time.



finnegancounseling.org



## 02 NEIGHBORHOOD TALKS

One of our favorite things is - *meeting people where they are*. We are grateful to supporters who have hosted a talk in their homes, to gather friends and neighbors together with an NFCC clinician. We believe these talks help to

- build community
- give confidence to face life head-on
- find it easier to connect with ourselves and others

Interested in hosting? Email [outreach@finnegancounseling.org](mailto:outreach@finnegancounseling.org)

## 03 COMMUNITY PANEL DISCUSSIONS

In October of 2024, we piloted our first quarterly in-person panel discussion. This new outreach opportunity will replace our podcast, but feature our favorite host, Anna Crain, LMSW, as moderator. Each panel discussion will feature NFCC clinicians and guest experts bringing to light an important mental health topic. We hope you'll join us in 2025. Visit our website for more.

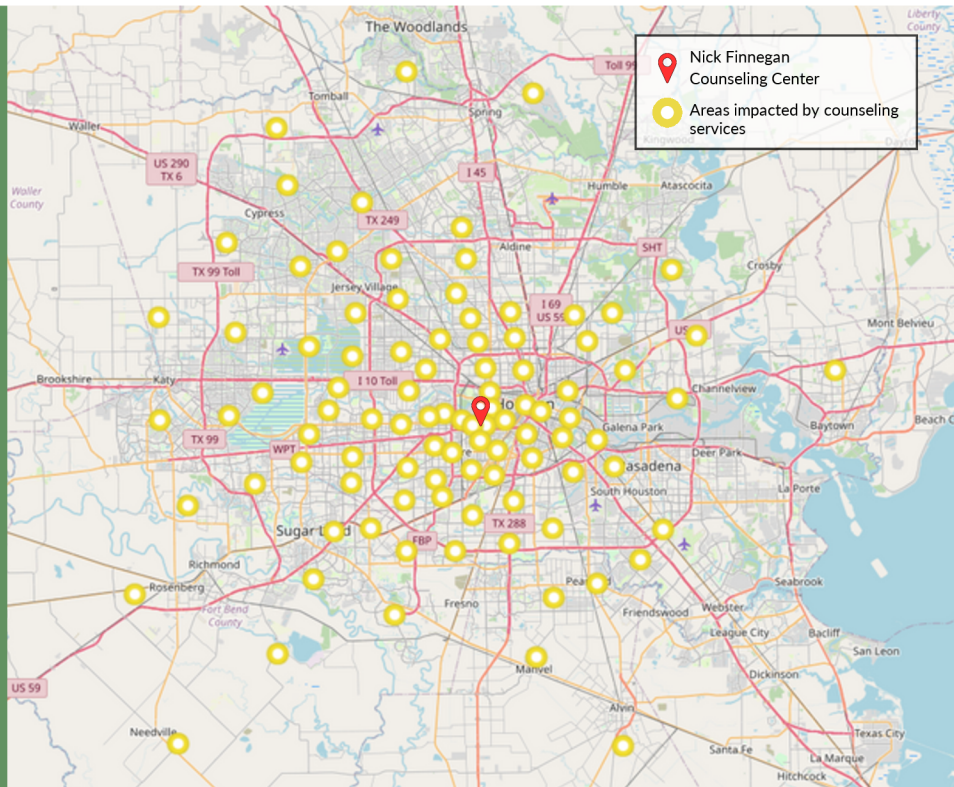


OF THE APPROXIMATELY

# 120

RESIDENTIAL ZIP CODES  
OF NFCC CLIENTS,

**50%** WERE ZIP CODES  
WITH AN AVERAGE  
HOUSEHOLD INCOME  
LOWER THAN THE MEDIAN  
HOUSEHOLD INCOME IN  
GREATER HOUSTON.







2024 Crawfish Boil Chairs



Tricia Britt, Susan Finnegan, Christiana McConn and Molly Delery



Crawfish cuties!



Deets and Murray Hoffman

## 14TH ANNUAL CRACK 'EM FOR A CAUSE CRAWFISH BOIL

A special thank you to our event Chairs Mary and Parker Burkett, Bryce and Bobby Magness, Mary Alex and Carter Mizell & Callie and Mason Strange, for planning a fun event that raised over \$113,000! Guests enjoyed great weather, meeting new friends, children's activities and *all-you-can-eat crawfish!*

## 16TH ANNUAL TREE OF LIFE GALA

Steel Magnolia Moms, *Angels Among Us* Honoree

It was so much fun to honor a community partner while raising an incredible \$430,000, which went directly towards making counseling and outreach more affordable and accessible.

Thanks to our wonderful event chairs, Julie and Tim Samson, Kellie Samson, Becky and Tracy Stephens, Brittany and Matt Steitz, Courtney and Dylan Stout & Katie and Pete Sanborn.



2024 Tree of Life Gala Chairs



Garhett Wagers and Patrick Atwood



Steel Magnolia Moms



Becky Helms, Alicia Kuhn and Ellen Bookout

SAVE THE DATE!

15TH ANNUAL CRACK 'EM FOR A CAUSE CRAWFISH BOIL  
SATURDAY, APRIL 26 | 11 AM - 2 PM @ WAKEFIELD CROWBAR

 Follow us @NickFinnCounsel 

FOR DETAILS ON OUR 17TH ANNUAL TREE OF LIFE GALA THIS FALL!



Spencer and Terrell Branch, Bill and Susan Finnegan & Maggie and Scotty Finnegan