

MARIA DROSTE COUNSELING CENTER

2016 Annual Report

Maria Droste Counseling Center was formed out of the understanding that people facing personal difficulties should be able to get access to counseling regardless of their ability to pay. We are committed to serving others with enthusiasm, empathy, and humility as we assist in creating a place of peace, love and harmony within ourselves, our clients, and our community. We embrace and honor diversity in all its forms.

FOR OVER 28 YEARS, THE CHILDREN FIRST PROGRAM has served the unique mental health needs of children and their families with on-site counseling services at 20 local elementary schools. **In 2016, this program served 470 children and provided 5,324 hours of counseling.**

Children First supports children who are experiencing emotional, social, or behavioral problems and helps them develop new skills, improve peer relationships, focus on their academic performance and succeed in school. *Children First* offers an innovative and creative solution for schools that want to provide on-site counseling services to their children and families, but lack the necessary budgets or resources to do so.

The *Children First* program places highly motivated and committed graduate-level interns in schools to work with existing school staff. Over the years, this team approach has proven to be extremely effective in addressing the needs of children, their families, and the school.

THE OPTIONS PROGRAM provides affordable counseling for the all members of our community regardless of their income level or health insurance status.

Specifically, the program serves adults, children, and families who lack health insurance, have inadequate health insurance for mental health issues, or have limited income to access counseling through the private sector. The program assists clients in their efforts to develop new skills, reduce symptoms causing distress, and improve quality of life. **In 2016, this program served 691 adults and children and provided 6,590 hours of counseling.**

100% of Options clients earn below 200% of the national poverty level. To ensure access to services, the program utilizes a sliding fee scale, providing counseling to those who otherwise would have no options for mental health care. Services are provided by both our highly skilled private practitioners and our graduate-level interns. Options clients receive the same excellent quality of care as do all of our clients without regard for how much they pay.



THE INTEGRATED CARE PROGRAM is Maria Droste's fastest growing program. Maria Droste therapists and graduate-level intern therapists are co-located at sites where people already go for healthcare. Maria Droste has therapists co-located in Denver area pediatric offices, senior living facilities, and in affordable housing developments. **The Integrated Care program served 79 adults in 2016.**

THE SURVIVORS MENTAL HEALTH PROGRAM (SMHP) provides comprehensive mental health care to adult survivors of violence who have serious mental health problems.

The program receives grant funding to help those who do not have health insurance and are not eligible for victim's compensation to get the counseling services they need. SMHP keeps them from falling through the cracks of the existing mental health and victim services systems. A primary goal of SMHP is to help survivors stabilize and avoid the demoralizing and costly experience of being hospitalized. **In 2016, this program served approximately 50 adults.**

IN-KIND RESULTS: Maria Droste is a unique organization because we rely heavily on in-kind services. These in-kind services include counseling hours spent in the Children First program, graduate level interns' hours in the Options program, and clinical supervision hours. Counseling hours spent in the Children First program comprise the largest percentage of in-kind services provided each year. **The total dollar value of all in-kind services for 2016 was \$2,175,000.**

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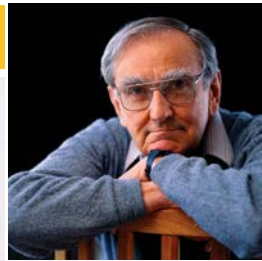
Karin Bustamante, MA, LPC
Group Practice Leader through December 2016,
Maria Droste Counseling Center

Kate Arellano, LPC, LMFT
Group Practice Leader,
Maria Droste Counseling Center

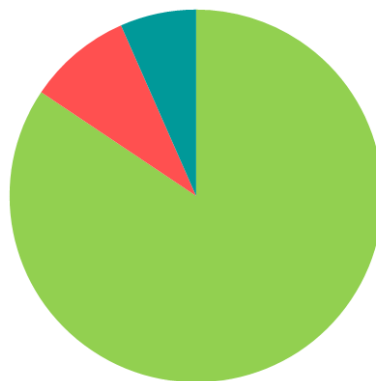
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Chief Executive Officer,
Maria Droste Counseling Center

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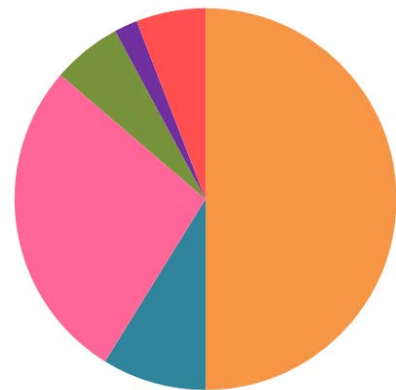


As a collaborative organization, we rely on three elements to succeed in our mission: the dedication and skill of our therapists, the energy of our intern counselors, and the support of our donors and community partners. These elements are symbolized in the three colors woven through our logo.



USE OF FUNDS

- 84.4% Program Expenses
- 9.0% Administration
- 6.6% Fundraising



REVENUE SOURCES

- 51% In-Kind
- 28% Fees/Earned Income
- 9% Corporations & Foundations
- 6% Events
- 4% Government Grants/Contracts
- 2% Individual Contributions



Maria Droste
Counseling Center

Colorado's Center for Mental Health

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