

HOPE

in

2020 and Beyond



The Center
for Integrative Counseling
and Psychology

December 2020

NEW HOME FOR THE HOLIDAYS

The work of The Center has never been more crucial. Mental health consequences of COVID-19 are likely to have a far-reaching impact, and because of you, our supporters, we'll be better equipped with our new Central Office.

With renovation underway, our new Central Office will be designed to fulfill our mission as a cornerstone for mental health and **hope**. The stand-alone building is welcoming with a ground level entrance to separate adult and children waiting areas. Just one mile west of our former location, 4305 MacArthur Avenue is an oasis surrounded by mature trees.

HOPE AND INNOVATION

As the pandemic unfolded, every aspect of life unraveled – school, work, friends, and family. COVID has taken lives, livelihoods and impacted everyone's mental health. In the midst of pain and suffering, we are having real conversations about resilience and life change.

If there is a silver lining, 2020 has humanized conversations around mental health. We've witnessed creative problem solving and generosity. We have witnessed **hope**.

Hope is the engine that keeps us going. **Hope** comes from tele-counseling sessions with every client, young and old, including PACT partner clients living in poverty.

Hope inspires innovation. The Center quickly rose as a leader in tele-counseling. Today, tele-counseling has become a tool that will continue to remove barriers to mental health care for all. This innovative connection gives us **hope**. 

This was only our third move in 51 years, and we didn't miss a beat. The board and leadership's strategic decision to right-size and move to a space designed specifically for The Center's mission was the right one.

CORNERSTONE OF HOPE

Our new home for the holidays is a blessing. We're in and working around renovation construction that began in August.

We held an outdoor/online dedication with staff and Board members that included song, prayers and the official laying of the Cornerstone.

Rev. Caesar Rentie, MTS, board member/Cornerstone co-chair and VP of Pastoral Care for Methodist Health System shared a prayer at the **Laying of the Cornerstone** ceremony. Here is an excerpt:

"Bless this place, set it aside for the special task for which it is designed, that those who come will find healing for their pain. Set us all on the right course and use all of us as your instrument of healing and peace, that even in our limited wisdom and understanding, your infinite love will always be found in everything we do.

May this place pulsate with our good deeds. May it flow with justice, compassion, and mercy for all who seek healing within its walls. That when our work is complete, the world will be transformed for your glory."



CORNERSTONE CAPITAL CAMPAIGN

The Center purchased the new building at 4305 MacArthur Ave debt-free with proceeds from the sale of our previous building. Fundraising continues for needed renovation.

The Cornerstone Capital Campaign was launched in February 2020 with a lovely event hosted at the home of Michal and Loyd Powell. We paused in the spring and relaunched this fall.

Fundraising during a pandemic? We didn't know how it would go, but we are reminded there is **hope** because of friends who give generously.

These friends have given more than \$1.5 million and include: The Rees-Jones Foundation, the J.E. & L.E. Mabee Foundation Katherine Glaze Lyle, Sue Maclay, the Hillcrest Foundation, Community Hospital Foundation, NorthPark Presbyterian Church Memorial Mission Endowment, Jill & Dale Hurd, and Glenda Bledsoe.

Our efforts continue with \$1.2 million needed to complete the renovation and expand capacity.

"We ask that you give to invest in our work that is needed now more than ever," said Aimée McClanahan. "Your gift will help us complete the renovation and build capacity for the future."

We're grateful for you who have given and those who will give in the future. You inspire us and give us **hope**. A complete listing of donors will be made available in 2021.

Thank you for your prayers and support during this pivotal time.



CO-CHAIRS | Aimée McClanahan & Rev. Caesar Rentie, MTS
HONORARY CHAIRS | Sue Maclay & Sue McCoy

CORNERSTONE 2020 A TIME TO BUILD

To give, watch a short video, see renderings, and learn more about our Cornerstone Capital Campaign, visit THECENTERCOUNSELING.ORG/CORNERSTONE



COVID RELIEF AND THE CONNECT FUND

Last spring, we heard from clients who had lost their jobs. Families, parents and children were struggling. Those living alone were struggling. They had lost hope. There was an uptick in teen suicidal ideation. Keeping clients connected to counseling was crucial.

As a result, The Connect Fund was created for clients who had lost their jobs and/or insurance. The Center participated in Giving Tuesday in May and North Texas Giving Day in September. In addition to our existing supporters, we received a \$5,000 grant from the Center for Missional Outreach of the North Texas Annual Conference of the United Methodist Church and \$20,000 in gifts from private donors. These matching funds were a great support in offering hope. Thanks to foundations and our generous community, we raised \$100,000+ for COVID support and The Connect Fund.

To date, 18 of our clinicians have been able to extend help to 43 courageous clients. This includes more than 254 hours of counseling sessions.

- "I have a young adult client who is a social worker who was laid off. She was feeling hopeless and distraught," said Robin Howard, LPC. "She had a lot of difficult things to work through and because of The Connect Fund, we didn't have to stop that important work. She's better equipped to continue her career of helping others."*
- "The Connect Fund is a lifeline for those who are suicidal," said Dr. Jane Toler, staff therapist. "And I know there will be much more need in the future, especially for young adults and adolescents. People need to feel connected and as COVID continues, we're seeing a significant increase in anxiety and fear, shock, denial and despair."*

Thank you for making The Connect Fund possible. It helps people take control of their lives. It allows our dedicated team of 40+ therapists to provide critical and lifesaving counseling services to children, teens, individuals, couples, and families.



WELL TOGETHER INITIATIVE

MAKES AN IMPACT

Katy* quit high school to support her mother and grandmother. At age 19, she had a full-time job she loved. Using her insurance, she had just begun counseling when she was laid off. As a Rockwall resident, she qualified for The Center's Texas Health Well Together initiative, so she was able to continue counseling.

"Katy's mom suffers from bi-polar disorder and Katy was the adult in her family," said Jacqueline Ramos, Licensed Professional Counselor with The Center. "She carried a lot of responsibility for a 19-year-old. She was devastated when she lost her job, felt rejected and had strong suicidal thoughts. I created a safety plan and worried about her. With consistent counseling, we worked through family boundary issues and focused on setting goals.

IT IS SAID THAT A PERSON'S ZIP CODE HAS A GREATER IMPACT ON THEIR HEALTH THAN THEIR GENETIC CODE.

"She earned her GED and is taking a community college class and enrolled for the spring. She's also actively looking for a job. I'm really proud of her. Katy is a story of resilience."

Katy's counseling was provided free thanks to a grant from Texas Health. The Center was one of five organizations in Dallas and Rockwall counties awarded funding in August 2019 from a

Texas Health initiative, the Texas Health Community Impact.

TOGETHER WE CAN MAXIMIZE OUR IMPACT

The initiative pinpoints ZIP codes with the greatest opportunities to effect change. It's a data-driven, outcomes-focused approach focusing on youth and adults in 75212, 75217 and 75032.

"Texas Health Community Impact is part of Texas Health's commitment to live our nonprofit, faith-based health system's mission: To improve the health of the people in the communities we serve," said Texas Health CEO Barclay Berdan. "It's said that a person's ZIP code has a greater impact on their health than their genetic code. That's why we're reaching out, hoping to make a real difference in the health and well-being of people in North Texas."

UNLIKE ANY PROGRAM AROUND

"This project affirms what we're already doing and allowed us to expand our existing collaborative model (PACT) at Brother Bill's Helping Hand in West Dallas and duplicate it within The Salvation Army's Pleasant Grove Corps Community Center in Southeast Dallas and Lake Rockwall Estates Community Center in Rockwall," added Dr. Brad Schwall, president and CEO of The Center.

Unlike any mental health program around, The Center established the Partnerships for Accessible Counseling and Training program (PACT) in 2014. By collaborating with established nonprofits, counseling is provided onsite in a safe and familiar environment, where people receive food, clothing, healthcare and after-school care.

"We're grateful to partner with



Mara Estrada-Doster, PACT Therapist and Briana Gil, PACT Program Coordinator

Texas Health," continued Dr. Schwall. "Mental illness prevents families from finding financial stability and prevents children from reaching their potential in school. We're working to change that narrative together."

WELL TOGETHER - YEAR ONE

In year one of Well Together, The Center provided 1,500+ counseling sessions, participated in 30+ community events (training and workshops, food drives, back-to-school events) resulting in outreach to 2,000+ individuals.

*Katy's name was changed.



MORE ABOUT PACT

For families living in poverty, The Center created the innovative Partnerships for Accessible Counseling and Training (PACT) program. We have expanded from one PACT partner in 2014 to 11 PACT partners at 13 locations. In 2020, we added three new PACT partners - Boys and Girls Club of West Dallas, Mission Oak Cliff, Cornerstone Christian Academy, and Interfaith Family Services.

For more information or to donate to PACT visit: www.thecentercounseling.org/pact



The Center

TRAINING AND EDUCATION

Training and education remains a core part of our work. The Center transitioned to online formats and was able to provide 65 talks to 1000+ people in 2020. OLOGY, our continuing education program covering the fields of psychology and theology, is highlighted here.

LOGY SUMMER 2020

Understanding racism and anti-racism: Lessons learned from psychology and theology that can bridge the racial divide



Nearly 170 mental health professionals and ministry leaders registered for the OLOGY Summer 2020 webinar. It was a timely, lively and relevant dialogue with the panel below.

“Drawing both on expertise in theologies and psychologies, we can refine interracial communications, promote justice, and curtail racism through active peacemaking,” said Dr. Nathaniel R. Strenger, Staff Psychologist and Director of Clinical Advancement for The Center.

Panelist Rev. Caesar Rentie, vice president for pastoral services at Methodist Healthcare System and The Center board member shared. As a chaplain, Rentie said he sees how racism plays out in the lives of patients and staff. It also affects the way he, as a Black man, interacts with others. “I realize that (racism) impacts me and impacts my ability to be present for those who come to the hospital seeking our help. Being aware of race itself is a daily task.”



Kimberly Pearson,
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The Center



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Rev. Caesar Rentie, MTS
VP of Pastoral Services,
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Dr. Nathaniel Strenger,
Licensed Psychologist,
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Dr. Marisol De Jesús-Pérez,
Licensed Psychologist,
The Center



Dr. Brad Schwall,
President & CEO,
The Center

NEW CHURCH PARTNERS

The Center has counseling offices in 15 churches and 4 physician group/professional buildings across North and Central Texas. Our network-of-churches continues to grow. In 2020, we added two new church partners with counseling offices on their campuses – Lake Highlands United Methodist Church in Northeast Dallas and Christ United Methodist Church in Plano.

The Center remains a trusted resource for ministry leaders who support mental health services and education to those they serve and to ministers who need support for challenges in their own lives.



COUNSELING AND ASSESSMENTS

We have always been a trusted resource providing counseling for relationships, marriages, school issues, anxiety, depression, and stress. And now, this guidance and help are needed more than ever. **If you, or someone you know, would like to talk to someone, we're just a phone call away.**

Our psychologists provide assessments for children and adults that can help identify ADHD, autism, and learning issues as well as help in preparing for college or career changes. The assessments are comprehensive and tailored to each individual. We provide clear summaries of the assessments that give practical steps and insights that help children and adults reach their potential.

With more than 31 locations in North and Central Texas (McKinney to Waco and Rockwall to Arlington), we are offering in-person counseling at select locations, as well as tele-counseling.

We accept self-pay as well as being in-network with all major insurances, Medicare and Medicaid, and bill for services that are covered and reimbursable.

To schedule an appointment, call 214-526-4525.



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