

At one time, I had a fairly normal life: high school, graduating from university with honors, good job. Unfortunately, I made a series of decisions leading to my downfall. I ended up incarcerated. I lost my income, my position in the community, and hope.

One of the aspects of my plight is I tried to obtain counseling and other help prior to my incarceration. I came to believe that people are only willing to help you if you have the right insurance or right amount of money.

Then a family member told me about The Northwest Catholic Counseling Center. I was

skeptical. I explained that no one is going to want anything to do with me, especially if I can't afford to pay.

I was amazed to find out I was wrong. Even after explaining my situation, the people at NCC were not judgmental. They were polite and friendly from the beginning. **The excellent counselors have helped me through a very difficult transition process.** I am so grateful NCC is there for people with varying circumstances.

—Ben, NCC Client

The Northwest Catholic Counseling Center 2011 ANNUAL REPORT

8383 NE Sandy Boulevard, Suite 205 • Portland, Oregon 97220 • 503-253-0964 • www.nwccounseling.org

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Catholic Counseling Center
8383 NE Sandy Blvd., Suite 205
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2011 ANNUAL REPORT



The Northwest Catholic Counseling Center

The Northwest Catholic Counseling Center supports and strengthens our community by providing professional mental health services to all, regardless of faith or finances.



PROVIDING HELP...
...CREATING HOPE

2011 CENTER HIGHLIGHTS

- Celebrated **25 years of service** to the community.
- Additional staff: two graduate counseling interns and one graduate psychiatric nurse practitioner intern transitioned to part-time staff members.
- Offered a record **6,500 hours of counseling, classes and medication management**.
- Updated **marriage preparation class** and began a teaching approach by a male and female therapist team.
- Began **strategic planning process**, including focus groups and interviews with dozens of stakeholders and supporters, a board and staff retreat, and initial development of a three-year plan.
- Added three new board members.
- Named one of the top Oregon nonprofits to work for by **Oregon Business Journal**.



- Tenth anniversary of the **Circle of Strength Fundraiser** for women, with a keynote by noted spiritual author Joyce Rupp, OSM, who spoke at the first Circle of Strength.
- 25th Anniversary Gala, and presentation of the **Compassionate Heart Award** to the Center's founders Sisters Sarah Deeby, Barbara Kennedy and Lisa Sheridan.



SERVING ALL, REGARDLESS OF FAITH OR FINANCES

Since I've been seeing you, **I feel less anxious**. I don't seem to want to make every little itty bitsy thing absolutely perfect. I used to wash my hands a LOT because I was nervous, but now I feel much better!

—Julie, 14 year old NCC Client



FINANCIAL SUMMARY

Support and Revenue 2011 *

Contributions & Grants	179,146	25%	Contributions & Grants	121,224	19%
Program Service Revenue	418,707	59%	Program Service Revenue	327,935	51%
Special Event Revenue (net)	69,364	10%	Special Event Revenue (net)	48,122	7%
Investment Income (loss)	9,268	1%	Investment Income (loss)	10,012	2%
Other Income	217	<1%	Other Income	1,321	<1%
Net assets released from restrictions	32,500	5%	Net assets released from restrictions	136,275	21%
Total	709,202		Total	644,889	

Expenses 2011

Program Services	518,202	74%	Program Services	444,574	72%
Management & General	118,923	17%	Management & General	125,629	21%
Fundraising	60,790	9%	Fundraising	41,263	7%
Total	697,915		Total	611,466	

* Preliminary unaudited figures

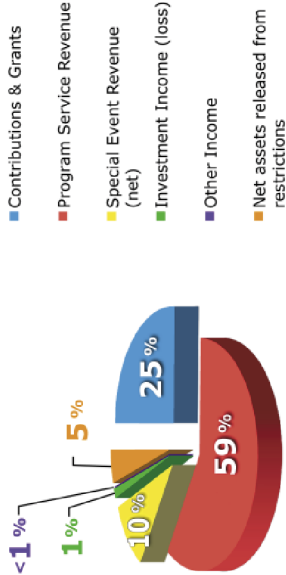
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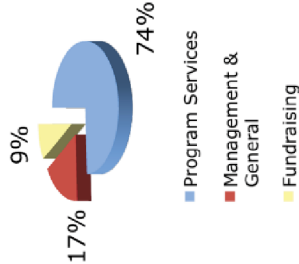
Expenses 2010

Program Services	444,574	72%
Management & General	125,629	21%
Fundraising	41,263	7%
Total	611,466	

Support and Revenue 2011



Expenses 2011



I've just graduated from Maryhurst University. All of this would not have happened if it wasn't for you and the tough beginning we shared. Thank you.

—Dustin, NCC Client



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For once, I feel comfortable with having disabilities and asking for help. I want to thank you for the services you provided me.

–Kathy, NCC Client



2011 ANNUAL REPORT

It started simply, as many transformative things do. 25 years ago, with a little money from five Catholic parishes in need, three Servite Sisters started to provide mental health care to those in distress, regardless of ability to pay. Sisters Sarah Deeby, Barbara Kennedy and Lisa Sheridan worked from borrowed rooms, sometimes taking firewood in payment. Because of their commitment, careful management and stewardship, The Northwest Catholic Counseling Center celebrated a quarter century of service in 2011.

The staff and offices have grown, just as the need has. During the last year, seventeen staff members and four graduate interns helped more than 1,000 men, women and children with counseling, classes and psychiatric medication management.

The year was filled with other milestones. We began a strategic planning process to help start us on our second quarter century. We added new board members. We had our largest crowd ever for the Circle of Strength women’s brunch. We kicked off an annual springtime fundraising event with a 25th anniversary gala.

The most important strides, though, are in the day to day help hundreds of suffering members of our community receive. As one client recently wrote, “I could have never imagined that in seeking counseling I would find an entire village ready and waiting to help me and my children so genuinely and lovingly.” We are truly grateful for your support, allowing us to be here to serve every mother, every child, every person reaching out for help.

Erin Peters

Jerry Bitz

Erin Peters, Executive Director

Jerry Bitz, Board President



Between you and my doctor, you opened my eyes to my chemical issues. My medicine has everything under control. . . . Thank you for all that you did! I am forever grateful for meeting you at such a crucial fork in the road.

–Rachel, NCC Client



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How well I remember when I first came to NCC. You allowed me to get back on my feet and started first with only \$5 a session.

–Kristin, NCC Client



My counselor helped me with bullying and sleeping. She had fun games that we played. I felt like she really understood me. Now the kids who were bullying me are nice to me. And I can get to sleep all by myself.

–Charlie, 10 year old NCC client