

I was always worried about making too many appointments because my fee was so low. My therapist kept assuring me that we would always make decisions in my best interest. We did that for 6 months and I can honestly say I am no longer depressed and for the first time in a long time I feel hopeful.

—Sarah, 30-year-old client

My seven year old son now says, "I need to talk with Sr. Sarah"

when his stomach starts to bother him. Before counseling he was shy and full of anxiety. He is so much happier now. Thank you for understanding our financial struggle.

—Janice, 35-year-old mom

The Northwest Catholic Counseling Center
2013 ANNUAL REPORT

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



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

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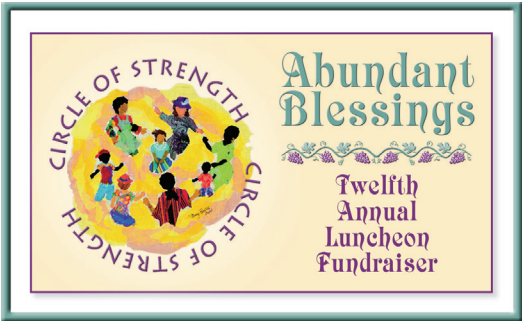
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2013 CENTER HIGHLIGHTS

- Offered more than **7,700** counseling and medication management appointments – an all-time high.
- Provided charitable care to lower-income men, women, and children **valued at more than \$550,000**.
- Saw **continued increase in need for charitable care**—up 27% in the last two years.
- **Gave hundreds new hope** by keeping families together, preventing suicides, recovery from rape, and healing from childhood trauma.
- **Increased counseling and nurse staff** and added two new offices.
- Created new **Faithful Friends** monthly giving program and welcomed 14 inaugural members, and received **first bequest** in the Center’s history.
- For the fourth year in a row, named **one of Oregon’s top nonprofits to work for** by the Oregon Business Journal.
- The Oregon Psychiatric Association honored Center founders Sr. Barbara Kennedy, OSM, LPC, Sr. Sarah Deeby, OSM, LPC, and Sr. Lisa Sheridan, OSM, LPC, with the **Access Award**, for their work in improving availability to mental health care services.
- Legacy Board members Pat McCormick and Fr. Jack Mosbrucker recognized with the **Compassionate Heart Award**, presented at the Spring Celebration fundraiser.
- The largest group of women ever **raised a record \$85,000** for the care of lower income women and children at the 12th Annual Circle of Strength Fundraising Brunch.

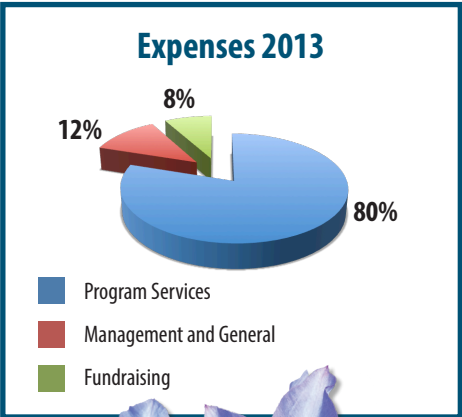
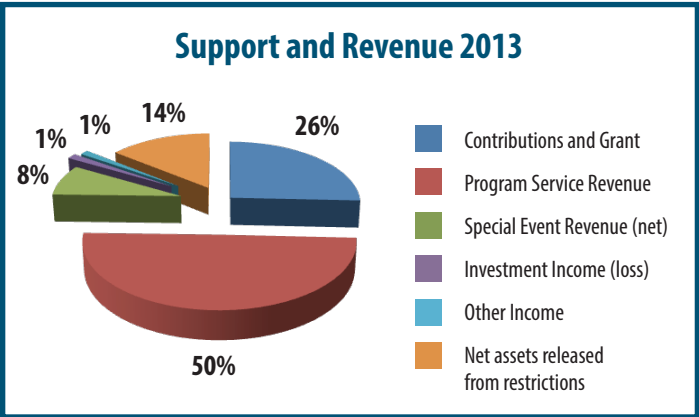


SERVING ALL,
REGARDLESS OF FAITH OR FINANCES

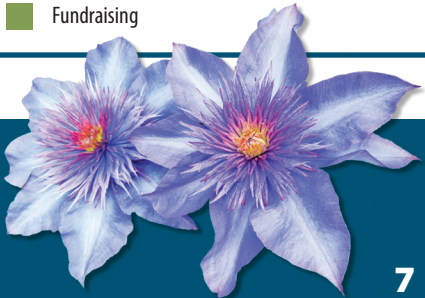
FINANCIAL SUMMARY

Support and Revenue 2013		
Contributions and Grants	229,542	26%
Program Service Revenue	443,676	50%
Special Event Revenue (net)	70,658	8%
Investment Income (loss)	11,760	1%
Other Income	10,550	1%
Net assets released from restrictions	126,500	14%
Total	892,686	
Expenses 2013		
Program Services	639,933	80%
Management and General	94,920	12%
Fundraising	64,364	8%
Total	799,217	

Support and Revenue 2012		
Contributions and Grants	130,756	19%
Program Service Revenue	409,114	61%
Special Event Revenue (net)	62,795	9%
Investment Income (loss)	9,676	1%
Other Income	1,991	<1%
Net assets released from restrictions	57,000	8%
Total	671,332	
Expenses 2012		
Program Services	630,608	80%
Management and General	93,322	12%
Fundraising	68,869	9%
Total	792,799	



I can now pay another \$5.00 toward my fee. I am going to get a promotion at my job and I want to show you how grateful I am. –Marilee, 35-year-old single mom



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I have come to realize that my son's schizophrenia does not mean I was a bad parent or that I caused him to be the way he is. I've blamed myself for years and now I am finally free of that guilt.
—Tom, 60-year-old father

EXECUTIVE DIRECTOR AND PRESIDENT'S MESSAGE

2013 ANNUAL REPORT

Some tragedies are beyond imagining. This is certainly true of Patty. Her life turned upside down when her husband was killed in a tragic car accident on his way to work, leaving Patty to manage her life and raise her two small children. She thought finances were tough before the loss of her husband, but the weight and worry after the accident caused her to spiral into depression. She was struggling to accomplish even the simplest tasks. She called the Northwest Catholic Counseling Center. Our counselors worked with Patty and her children to walk through their grief and despair. Because of our sliding scale, counseling was affordable for all of them. Patty and her children are doing much better. Their loss is still a daily presence, but they have the help and tools they need to face the struggles and challenges that life brings them.

Each day desperate men, women and children like Patty call looking for help. They are struggling under the dual burdens of poverty and mental health issues. Because of you, someone answers the phone and says, "Yes, we can help you."

If she could, we know Patty would thank you herself. Please accept our thanks on her behalf and the behalf of the thousands getting help at the Northwest Catholic Counseling Center.

Erin Peters, Executive Director

Natalie Osburn, Board President



This place is amazing. I tell all my friends how much you have respected me, helped me and believed in me. It became contagious.
—Virginia, 70-year-old client

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I am able to let go of the trauma I experienced as a child. Even though I can't afford much, I am sending a donation so you can help someone else.
-Beth, 50-year-old client

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A special thanks to you for all the help you gave me during the loss of my mom.
-Margaret, NCC client

