



The Northwest Catholic Counseling Center

Serving All Regardless of Faith or Finances

May 7, 2020

Working For and With You

Dear Friends,

I hope you, your family, and your friends are staying safe and healthy during these challenging and anxious days. I also hope you have discovered joy in unexpected places as we all find new ways to live. I've found it comforting and meditative to sit in the sun and watch the hummingbirds come to my feeder. It reminds me of the many blessings I have even during difficult times.

I wanted to give you an update on The Northwest Catholic Counseling Center (NCC), our services, and our plans. We are open and seeing clients and remain steadfast in our mission to provide compassionate mental health care to all, no matter what the physical or financial circumstances.

Counseling Services

Through the month of May and into June, our therapists are working with clients primarily over phone and/or video appointments. This keeps both clients and our staff safe and healthy. NCC will follow Centers for Disease Control (CDC) and Oregon state guidance about offering more in-person care. When that happens, NCC has detailed plans for increased disinfection of office spaces, social distancing in therapy offices and waiting areas, and the requirement that all clients, staff, and visitors wear cloth face coverings in public areas or where social distancing is more challenging.

Special Short-term Crisis Counseling

NCC has created a new program offering help to those struggling with feelings of anxiety, depression, trauma, or distress because of the pandemic. Our Short-term Crisis Counseling is designed to give immediate and limited care (4-8 sessions) to support stabilization, coping skills, and stress relief. This is open to those both with or without insurance, and can turn into longer term therapy, if needed. See our website at www.nwcounseling.org/counseling-2 for more information.

Extensive Client Financial Assistance

As you can imagine, many clients are facing financial catastrophe. Our counselors and administrative staff are fully empowered to cut any fee or copay to as low as \$1 per session so no one loses care because of changing financial circumstances. Additionally, new clients can access our sliding scale as much as needed. We are particularly thankful for recent grants from the PacificSource Charitable Foundation and Providence Health and Services to keep our essential services available to all in need.

Supporting Our Staff

Taking care of the health and welfare of our staff is a top priority. A recent technology grant from the Oregon Community Foundation, along with laptop donations from generous supporters, gives our staff extra flexibility to work from home. Additionally, NCC received a forgivable loan through the SBA Paycheck Protection

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Program (PPP) through Umpqua Bank. The PPP is part of the federal effort to support small business and nonprofits during the COVID-19 pandemic, and goes straight to cover the salaries of our amazing staff.

Masks and Disinfectant Needed

As the stay at home order is modified or lifted over the next weeks and months, we want to make sure any client or visitor who comes to NCC receives a mask or cloth face covering. If you would like to make or donate masks, please email me at erin@nwcounseling.org. Additionally, we are struggling to secure enough disinfectant wipes, hand sanitizer, and furniture-safe disinfecting spray to keep the office safe. Please let me know if you would like to donate or can assist securing these items.

Mental Health “Tools You Can Use” and Other Resources

We have an ever-expanding digital library of articles, tips, infographics, and community resources to help you and your family navigate the stress and challenges we are facing each day. You can find links at the very top of our web page at www.nwcounseling.org or by following us on Facebook, Twitter, Instagram, or YouTube. Many of these resources are also in Spanish.

Workshops

Counselors have taken our upcoming workshops virtual. Additionally, we are registering per household rather than per person so anyone in your home can have access to these important resources. You can register for “Trauma Echoes: Surviving and Thriving” on May 16 or “Parenting Your Child with a Mental Health Diagnosis” on June 20 on our website at www.nwcounseling.org/services/workshops or by calling 503-253-0964.

2020 Fundraising Events

Because of the challenge of creating a virtual event on short notice, there will be no replacement event for *Growing Hope*, originally scheduled for May 14. Planning for *Circle of Strength* on October 10 is underway, and will likely include a virtual element for those wanting to support care for low-income women and children, but who are not comfortable in crowds.

Support NCC!

For 34 years, NCC has served all in need, regardless of financial situation, faith, background, personal situation, or employment. We remain 100% committed to this mission, but will need your help to continue. If you are financially able, please consider making a tax-deductible contribution to NCC to ensure our services go on. You can donate online by clicking the “Donate” button at the top of our website www.nwcounseling.org or send a check to our address. To learn about other ways to help, like holding a Facebook fundraiser or joining Faithful Friends monthly giving, please visit www.nwcounseling.org/help

Look for our next update in our summer newsletter. The Northwest Catholic Counseling Center is here with and for you. Please call 503-253-0964 or email to info@nwcounseling.org if you have any questions or concerns.

Stay safe and healthy,



Erin Peters
Executive Director