



The Northwest Catholic Counseling Center

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EXECUTIVE DIRECTOR'S NOTE

Big Moves Behind the Scenes

In our newsletter, I often tell you about the excellent care for our clients. Our therapists are dedicated and compassionate, and our administrative team is skilled and committed. But no one can do their work without good tools, and NCC just launched a big one that will touch every staff member and client: an electronic health record (EHR).

For more than a decade, NCC has been looking for an EHR tailored to a smaller mental health organization that was reasonably priced. Many EHRs focus on hospitals or large programs and have a cost to match. After a lot of research, we settled on Dr. Cloud, a Beaverton company.

Over the last twelve months, our EHR team of Clinical Manager Michelle Sideroff, LPC, Operations Manager Stephanie Awalt, MA, Office Manager Kalie Self, and myself have spent countless hours configuring our system, which launched on January 1. It's been a lot of work! Give them a high five when you see them!

Therapists now have a streamlined, secure documentation process, with all information in one place and updated in real time. Therapists can not only communicate securely with their clients, but also seamlessly collaborate with colleagues. Clients can access an online portal where they can see their balance, pay, send a note to a therapist, and safely upload documents. For the administrative staff, the years of double entry and extra manual work on billing and scheduling is now a thing of the past. All of this means more time spent with clients and less time chasing down the right data, creating workarounds, or correcting information.

As critical as infrastructure projects are to a nonprofit, they are not very flashy and sometimes a challenge to fund. A big thanks to the M. J. Murdock Charitable Trust and the Echo Fund for supporting this milestone—we couldn't have made this big move without them. If you are a donor, you also helped make this possible. Thank you for your generosity!

Erin Peters, Executive Director



Providing Help . . .
...Creating Hope

EXECUTIVE DIRECTOR

Erin Peters

CLINICAL MANAGER

Michelle Sideroff, LPC, QMHP

OPERATIONS MANAGER

Stephanie Awalt, MA

CLINICAL STAFF

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Professional Counselor Associate, QMHP

Kathleen Butler, LCSW, QMHP

Marchelle Carl, LPC, QMHP

Thomás Grubb, LPC, QMHP

Lu Lu,

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Laken Nelson,

Professional Counselor Associate, QMHP

Jessie Larson-Wu, LPC

Kim Trigos-Harvey,
CSWA, QMHP, CADC II

Isaias Sanchez, MCFT Graduate Intern

Isabelle Norconk, MCFT Graduate Intern

OFFICE MANAGER

Kalie Self

ADMINISTRATIVE SPECIALIST

Dinorah Alvarenga

ADMINISTRATIVE SUPPORT

Mark Uhrich

OFFICE VOLUNTEERS

Vickie Carl

Alison Petrie-Wait

**OFFICE HOURS**

9:00am – 5:00pm

Evening and Saturday appointments available

nwcounseling.org

Save the Date!**THE NORTHWEST COUNSELING CENTER
CIRCLE OF STRENGTH****23rd Annual
Women's Fundraising Brunch**

September 28th, 2024 10:00am-

12:00pm

The Madeleine Parish Hall

Hybrid

You don't want to miss this annual event! You can either come in person and enjoy a great brunch with friends or stay home in your jammies and watch online with a cup of tea. All the proceeds from Circle of Strength ensure women and children receive quality and timely mental health services in a caring and compassionate environment. While our in-person brunch is open to women, anyone can attend for free online! Find more information on our website at nwcounseling.org or on our social media sites.

Want to play a bigger role at Circle of Strength? Join our event committee! Email Erin Peters at erin@nwcounseling.org for more information.

Client Story: Julia's Journey

Julia felt completely overwhelmed as she started her eighth-grade year. She always excelled academically, but her grades declined dramatically by Thanksgiving. She also started to isolate from her friends and skip entire days of school because she just couldn't force herself out of bed in the mornings.

Concerned, Julia's parents brought her to counseling. They could come to NCC because of the sliding scale for fees. When Julia first met with her therapist, she was nervous and often said she didn't know what to say.

After Julia and her therapist built trust, Julia started to share she was being bullied at school by a former friend. With encouragement from her therapist, Julia told her parents about the situation. They were able to offer emotional support and informed Julia's teachers who also intervened. Even after the bullying stopped, though, Julia still struggled with attending school and completing her assignments.

In counseling sessions, Julia worked on developing skills to be more assertive, understand and set boundaries, build self-confidence, and establish a healthy support network. Julia was able to reconnect with peers and find adults at school who helped her to feel safe and welcome.

Little by little, she felt able to focus on her schoolwork again. Julia's grades and attendance steadily improved and she no longer felt targeted or isolated. She had a great finish to her eighth-grade year!



Foundation Generosity

*Thank you to these foundations
for financial support
in the second half of 2023:*

Cigna Foundation
Clark Foundation
Dwyer Charitable Trust
Echo Fund
Jackson Foundation

Joseph E. Weston Public Foundation
PacificSource Charitable Foundation
Providence Health & Services
Reser Family Foundation
Sisters of Providence

Interested in Becoming a Board or Committee Member?

Are you interested in helping make sure anyone in need of mental health care gets it? Are you someone who is passionate about serving the community? The NCC Board of Directors or a committee may be just the thing! Some of the committees include our Budget & Finance Committee or our Circle of Strength Planning Committee. Even if you've never done anything like this before, board or committee work can be an incredibly rewarding way to give back.

Our board and committee members are committed to reflecting the diversity of our community and the clients we serve, and we welcome people of all life experiences. Whether you're interested in the near or distant future, contact Erin Peters at erin@nwcounseling.org for more information!

A Match in May

May is Mental Health month and the time for NCC's spring fundraising campaign, **Growing Hope**. Every dollar we raise is used to provide mental health services on a sliding fee scale to our vulnerable community members who would not otherwise have access to care. With your generous donations, we are able to offer care for as little as \$10 per session if that is all a client can afford to pay.

We probably all know someone among our family and friends who has sought mental health care; it's a fact of life. The demand for mental health care continues to grow. NCC has been providing this needed care for over 38 years, and we will continue to do so with your support.

No gift to NCC is too large or too small, every gift is important. Your contribution during May helps to unlock a \$10,000 matching donation! There are two ways to help:

1. Donate more than you did in 2023: That increase will be matched up to \$5,000. If you were unable to donate in 2023, that means your entire donation will be matched!
2. All donations will be counted toward our donor goal: When we reach 40 donors, another \$5,000 will be unlocked!



*We can only continue our services with your support!
We appreciate you, and look forward to Growing Hope with you.*

Give Now, Give Later, Tax Savings Always!

By supporting NCC in a variety of ways, you can make sure that vital mental health services get to people who are struggling while potentially saving a bundle on your taxes. It's a win-win for everyone!

GIVE NOW:

- **Cash:** Nothing is easier in making an immediate impact while getting a charitable deduction on your tax return. Give one-time, monthly through our Faithful Friends program, or with a multi-year pledge.
- **Stocks and Bonds:** By gifting your appreciated securities, not only do you get that charitable tax deduction, you can avoid paying capital gains taxes that would otherwise be due if you sold the assets yourself.
- **Required Minimum Distribution (RMD) or Qualified Charitable Distribution (QCD):** An alphabet soup of letters that can save you big on taxes! If you are 72 or 73, you must withdraw from retirement accounts. If you donate that money directly to NCC, the gift is tax deductible and doesn't count toward your adjusted gross income on your taxes!
- **IRA Distribution or Rollover:** Congress enacted a permanent IRA rollover capability allowing anyone over 70 ½ to do a rollover this year and in future years. You can avoid taxes on an IRA transfer (within IRS limits) while making a gift not subject to deduction limits on charitable gifts. Your IRA plan administrator can help you with direct transfer.
- **Insurance:** If your life insurance policy is no longer needed or will no longer benefit your survivors, consider gifting it to help further our mission. We can surrender the policy for its cash value or retain it to maturity.

GIVE LATER:

- **Bequest:** An easy and flexible way to make a lasting impact. You designate NCC as a beneficiary in your will or trust and your estate may receive an estate charitable tax deduction. This way, you provide mental health care for those in need long into the future.
- **Beneficiary Designation Gifts:** You continue to use your bank, retirement, investment accounts, or insurance policies until your death. At that point, the account passes to NCC to further our work. Your estate and family benefit with both potential tax savings and simplification of your estate. Your account broker, banker, or insurance agent can provide you a beneficiary designation form.

You can find more information about these options, including some forms, on our website at nwcounseling.org.

Since every situation is different, please consult with your account professional or lawyer for specific benefits.

Thanks for giving!

—Glenn Jacobs, NCC Board Member

Upcoming Workshops

Parenting in Two Worlds: Harmonizing Asian American Styles and Strategies in Parenting

Online (Zoom) - \$30

Saturday April 6, 1-3pm - **English** • Saturday April 27, 1-3pm - **Mandarin**

Parenting can be a tough job. When kids and parents have a foot in two cultural worlds, conflicts can arise and healthy communication breaks down. In this two-hour workshop, you will explore differing parenting styles, child development, discipline approaches, and healthy dialogue, all with an Asian American cultural lens. Come away with specific goals and a family action plan you can use immediately!

Sign up at nwcounseling.org

两个世界的育儿经：融合亚裔美国人和美式育儿风格和策略

线上 (Zoom) - 30美金

2024年4月6日，周六，下午1-3点 - 英语

2024年4月27日，周六，下午1-3点 - 普通话

教育和育儿是一项艰难和极富挑战的工作。当孩子和父母同时处于两种文化相互碰撞或者融合的世界时，很有可能会出现不必要的冲突，使得健康合理的沟通中断。在这个为期两个小时的研讨会议中，您将探讨，练习和学习不同的育儿风格，结合科学的儿童发展，纪律方法和健康有效的对话，这些将全部以亚裔美国文化的视角，打开科学育儿以及深层次探讨心理健康。在此，您将会学会并且马上可以应用在实际生活中。



Congratulations! Time for Marriage Preparation

With Valentine's Day recently past, wedding planning may now be on the horizon! While you book the caterer and decide on invitations, don't forget to add to the list the thing that will last a lifetime: marriage preparation. Our Marriage Preparation Program helps you build a solid foundation focused on mutual understanding, shared goals and values, healthy communication, conflict resolution, life transitions, and respect.

We offer three options:

1. Couple Sessions (\$345): Four private sessions with a therapist, online or in-person;
2. Weekend Workshop (\$300): Online with a therapist and other couples on March 15-16, May 17-18, September 6-7, or November 1-2;
3. Combination: Both the sessions and the workshop, discounted at \$445.

Sign up online at nwcounseling.org or email marriageprep@nwcounseling.org.

The Northwest
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Social Media

Find us on social media for mental health tips, event information, client stories, and more! Or visit our website for general NCC updates.



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Want to save paper?

If you'd like to receive newsletters and thank yous from us electronically to save paper and postage, please say so! Just email **info@nwcounseling.org**