

# ANNUAL REPORT

*FISCAL YEAR 2023*

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CENTREPOINTE  
COUNSELING



## LETTER FROM THE EXECUTIVE DIRECTOR

This Annual Report for fiscal year 2023 covers a year of counseling service on mission. Our organization grew in numbers, we provided access to counseling to more clients seeking financial assistance, and our staff deepened their understanding of faith and counseling work within a supportive community. We are looking forward to serving further.

Our area, along with the nation as a whole, has experienced significant increases in the cost of living, and healthcare costs are no exception. Its impact includes quality of life, livelihood and even spiritual well-being. This past fiscal year saw the highest demand for our Samaritan Fund grant and sliding scale assistance program in its history, even compared with the period when the impact of COVID-19 fears and social distancing drove up counseling caseloads. We are indebted to our donors and supporters who have made Samaritan Fund assistance possible.

This report will show prevailing and shifting client conditions and trends, as well as a healthy financial picture. In fact, CentrePointe had room to re-invest some of its earnings into highly needed infrastructure support. What may not be readily visible is what has been truly valuable: how much our counselors have grown as a supportive community. Processing their faith as it impacts their work and interactions with each other has made CentrePointe a safe and joyful place to share experiences. This is what makes us unique and something we want to build upon: a community willing for God to grow our counselors' understanding alongside their evidence-based approach to mental health care work.

Reflecting on the past year has made me thankful and also excited about the future. I hope you will pray with us and even reach out to us to learn more about how you can make a difference with us, as we continue our mission to serve our neighbors.

In Christ,

Helen Kim  
Executive Director

## LETTER FROM THE BOARD CHAIRMAN

During and after the COVID-19 pandemic, our society and our world rediscovered the importance of community. We relearned an essential reality, that we human beings are not designed for isolation and aloneness but for interaction and connection with others. We grow, flourish, and thrive when we're engaged in life-giving relationships. Without community, we are unable to be who we were created to be.

The gospel is news that God has reconciled us to himself and to one another through the death and resurrection of Jesus. In Christ, we have a restored relationship with God and with each other, a kind of community that starts in the heart of our good and loving Creator. Without this communion with God and each other, we fall short of God's purpose for us. As author Eugene Peterson has captured it in his book, *Christ Plays in Ten Thousand Places*, "There can be no maturity in the spiritual life, no obedience in following Jesus, no wholeness in the Christian life, apart from an immersion in, and embrace of, community. I am not myself by myself."

At CentrePointe, the love of God, and the relationships it generates, are at the heart of our life and work. One of the strengths of our agency is its commitment to community, especially among our counselors. When a counselor joins our ministry, they become part of a community of practitioners where mutual support and meaningful interdependence are valued and cultivated. This dedication to community also defines and shapes the relationship between our staff, our board, and our counselors. At every level, we operate out of a strong and healthy sense of connection to one another.

Above all, this commitment to community shapes the way that we care for the people we serve. Our board of directors joins me in thanking you for being part of the CentrePointe community. Your relationship with us is a blessing that we greatly appreciate and deeply value. May the grace that has brought us together continue to flourish among us.

Respectfully,

Rev. Kevin Holder  
Chairman, Board of Directors



## A COMMUNITY AT WORK...

CentrePointe Counseling is a community of licensed counselors and staff that informs, supports and encourages each other, as Christ impacts our work – and that is the core from which we serve our clients and communities. And as a non-profit organization, we have a board of directors that prayerfully and thoughtfully direct our organization.



With a mission to change lives and communities, there shouldn't be any question as to whether a counselor is keeping themselves informed and in check with professional colleagues. At CentrePointe, we take it a step further, making sure that faith and work discussions are a regular part of staff meetings. Our counselors bond over group reviews of case presentations with supervisors. Counselors experience a comradery that is not simply pleasant or enjoyable, but beneficial for practitioners: they know they have a resource of knowledgeable and understanding colleagues when facing challenges.

Client conditions and how clients approach them vary, and it can take wisdom and patience in addition to skill and continued education to approach client treatment well.

## ...TOWARDS RESTORATION

This year, stress, anxiety and depression once again were the top conditions of clients seeking therapy. Our counselors hear the needs of clients, and provide a space for clients to experience change.

*Integrating God and the bible into my treatment was crucial to my growth and to positive change during treatment.*

*[My counselor] kept the truth in view as she helped me wrestle with how to walk through my challenges.*

*[I]t was interesting to incorporate my faith into my counseling sessions as God plays a very large role in my life.*







# ON MISSION

## LOVING OUR NEIGHBORS

*And who is my neighbor?* In Luke 10, Jesus replies to this question with the parable of the good Samaritan. From our organization’s point of view, it is clear that people need help with affordable mental health care, a prevailing need. This is the basis for why our counselors accept health insurance when many private practices do not; and clients with financial limitations have access to our counseling grants. Many of our church partners contribute to helping their congregants afford counseling at CentrePointe, whether by assisting individual church members, or through programs in partnership with CentrePointe that help to support their staff and congregants.

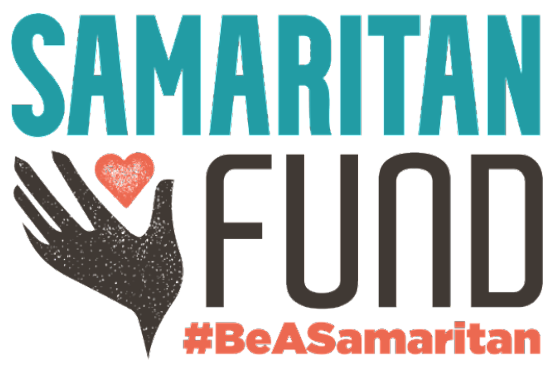
The Biblical good Samaritan modeled what is seen as extravagant generosity. That generosity was not perfunctory, but thoughtful, extending care towards full recovery upon discerning the needs of the beaten man. Following this model, CentrePointe’s Samaritan Fund provides for clients to access counselors who offer the same level of treatment and care that they do for anyone else – and for a duration that allows for full treatment dictated by the counselor and client.



## SAMARITAN FUND AND MERCY ACTIVITIES

This fiscal year CentrePointe Counseling’s Samaritan Fund was accessed more than it has in its history, bouncing back from a dip the previous fiscal year. The Samaritan Fund provides both sliding scale funds and large grants, depending on the level of financial need.

Samaritan Fund assistance is available to applicants by filling a downloadable form on our web site, and is available to anyone with financial limitations. Recipients include those who do not have health insurance due to unemployment, low income or under-employment, or whose insurance does not cover counseling session costs sufficiently. Occasionally and by exception, we have provided Samaritan Fund assistance to Medicaid and Medicare clients with multiple hardships, who have experienced frustration finding a Christian counselor who accepts public health insurance. Finally, clients have accessed our sliding scale grant, an important option for those who have budget constraints or large debt obligations.



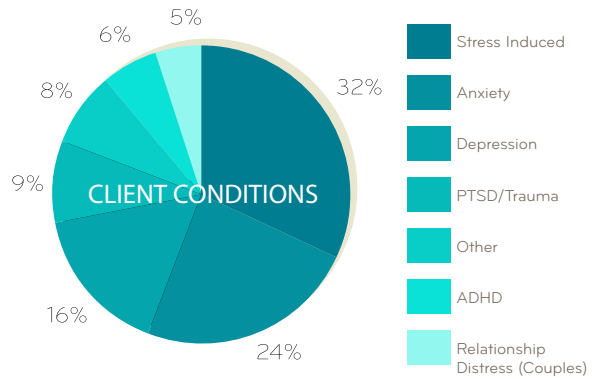
**The Samaritan Fund is completely funded by donors, and all donations help clients with financial need.**

CentrePointe Counseling is a 501(c)3 non-profit Christian charity, and donations are tax-deductible. Donations are used to help us reach church communities, support new programs, and help clients access our counselors. We truly appreciate and are touched by the prayers and gifts of our supporters.

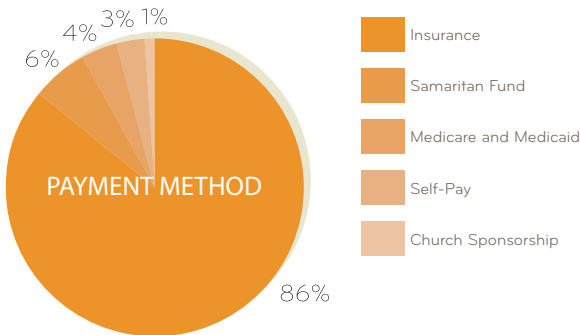
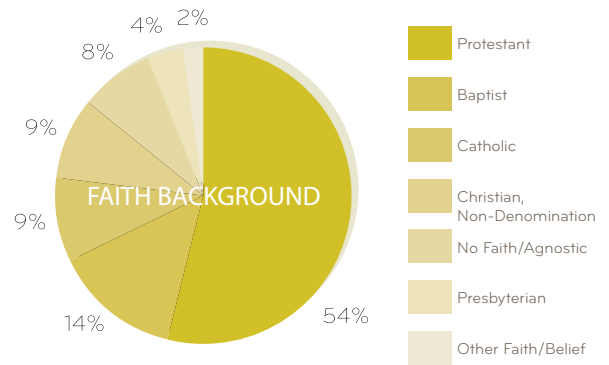
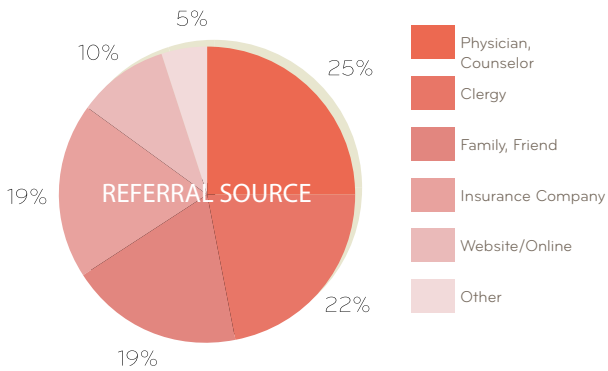


# CLIENT TRENDS

CentrePointe counselors saw 840 clients in Fiscal Year 2023 (July 2022 to June 2023). Stress-induced conditions, anxiety and depression once again composed the majority of diagnosed conditions - 72 percent combined. One of the most significant changes was the increase in relationship distress for couples. Couples seeking counseling increased in demand this year. We also treated more eating disorders and phase of life issues.

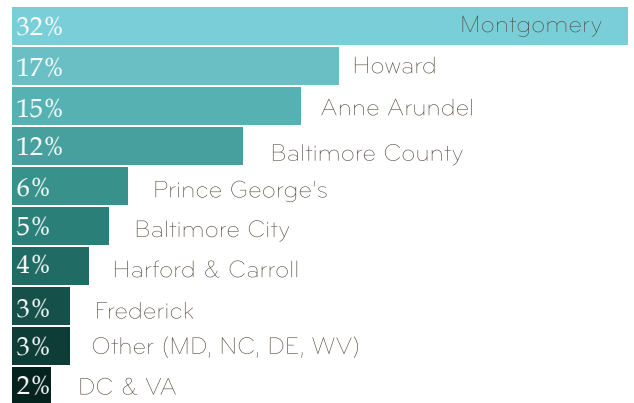


This year a quarter of our clients were referred to CentrePointe by family and friends. Health insurance listings as a referral source continued to be a strong source, and results from online searches confirmed again its significance to our visibility. While clergy comprised 10 percent of referrals, Christian clients made up 90 percent of our clients.



It is no surprise that health insurance is the dominant payment method amongst clients. This year, we experienced a significant increase of clients who accessed Samaritan Fund grants and sliding scale fees.

Fifty percent of our clients resided in either Montgomery or Howard counties - large population-dense areas. This year, our reach to clients grew and extended outside of Maryland. Areas or client residence included the neighboring states of Delaware, West Virginia, Virginia, and North Carolina, and Washington, DC.





In fiscal year 2023, CentrePointe Counseling generated the highest revenues in at least 8 years. Video-based counseling allowed counselors to see more clients, even as requests for in-person counseling increased (and continues to increase). Higher health insurance reimbursement rates, combined with a higher number of counseling sessions, resulted in the increase.

Expenses increased over last year, reflecting this year's re-investment into the organization, visible in the general and administrative costs. CentrePointe has run efficiently with little administrative staff over the last few years. Nevertheless, growing administrative demands highlighted needs that required additional staffing support. As we plan for growth, further attention to infrastructure will be paid, as we seek to make strategic and prudent operational decisions to handle growth. Fundraising contributions have grown modestly, sufficiently providing for Samaritan Fund assistance to clients with financial need.

Net assets at the year-end were healthy and comparable with the previous year. We are thankful of this outcome, and work to be good stewards with all that we have and receive.

## Fiscal Year 2023

(July 2022 - June 2023)

### Revenues

Program Services	\$ 1,405,096
Donated Facilities	\$ 115,920
Contributions and Fundraising	\$ 62,484
<b>Investment Income</b>	<b>\$ 2,696</b>

**Total Revenue** **\$ 1,586,196**

### Expenses

Program	\$ 1,213,248
General and Administrative	\$ 383,985
Fundraising	\$ 3,702

**Total Expenses** **\$ 1,600,935**

Change in Net Assets (Deficit) \$ (14,739)

**Net Assets Beginning of Year** **\$ 227,960**

**Net Assets End of Year** **\$ 213,221**

CentrePointe Counseling's financial statements were reviewed by independent accountants. \*FY23 figures include corrections to prior year (FY22) adjustments.

## THANK YOU

CentrePointe Counseling was able to provide accessible counseling to our clients through the generosity of our donors. *Thank you!*

### FRIENDS OF CENTREPOINTE

Terry Bates, Kevin and Beth Bergstrom, Carol Cahall, Michelle Carrigan, Orkendell Ford, Kevin Holder Barbara High, June Holland, Andrea Hulse, Raynette Lyles, Stephanie Moore, Ann Roda, Thomas Rodgerson Gemma and Peter Rossoni, Tim Simpson, Laurie Skipper, B. Louise Stellabotta, Clarenia Stephens Nina Stewart Don Sweeney, Barbara Taylor, Adventist HealthCare Behavioral Health and Wellness Services, Baptist Convention of Maryland/Delaware, Friendship Baptist Church of Sykesville, Grace Baptist Church Kensington Baptist Church Mars Hill Baptist Church, Mid Maryland Baptist Association, Middle River Baptist Church, Parkville Baptist Church, Westminster Baptist Church



# BOARD MEMBERS

**Chair, Kevin Holder, MDiv, ThM**  
Pastor, Grace Baptist Church

**Vice-Chair/Treasurer, Don Sweeney, CPA**  
Retired Partner, Ernst & Young

**Secretary, Nancy Mathews, MDiv**  
Retired IT Manager, Verizon  
Retired Staff, Colesville Baptist Church

**Carol Clinedinst, SHRM-CP, MBA**  
HR Solutions / HR Country Manager, HCBG, 3M

**Andrea Hulse, MD**  
Clinical Branch Chief, Division of Vaccines  
Center for Biologics, FDA

**Robert Michael, JD**  
Partner, Shadoan, Michael & Wells, LLP

**Gemma Rossoni, MHA**  
Mediator, Educator and Consultant

**Danubia Samuels**  
Outpatient Psychiatry Services Manager  
Addiction & Mental Health Center  
MedStar Montgomery Medical Center

**Timothy Simpson, MDiv**  
Pastor (retired), Greenridge Baptist Church

**Barbara High, Emeritus**  
Realtor, Long & Foster, Inc.  
Retired Educator

**Barbara Taylor, Emeritus**  
Retired Educator

# STAFF MEMBERS

Terry Bates, MS, LCPC

Kevin Bergstrom, MS, LCPC

LaDelle Brooks, PhD, LGPC

Carolyn Buresh, MS, LCPC

Zachary Carhart, MA, LCPC

Shawntae Chase, MSW, LMSW

Nancy Cheng, MA, LCPC

Rebekah Chovanec, MSW, LMSW

Cristina Emrich, PhD, LGPC

Elaine Hill, MS, LCPC

Jackie Kang, MS, LGPC

Helen Kim, MPA, Executive Director

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Grace Sawyer, Digital Media Coordinator

Dan Stinchcomb, MRE, MS, LCPC

Erin Stine, MS, LCPC

Melody Weber, PhD, LCPC

Danice Young, MSW, LCSW-C

# FACILITY PARTNERS

WE ARE GRATEFUL TO THE FOLLOWING CONGREGATIONS FOR PROVIDING SPACE FOR COUNSELING OFFICES

- Arbutus United Methodist Church, Arbutus
- Baptist Convention of Maryland/Delaware, Columbia
- Calvary Baptist Church, Bel Air
- Christ Community Church of Ashton
- Church at Covenant Park, Ellicott City
- Conowingo Baptist Church, Conowingo
- Cresthill Baptist Church, Bowie
- Dunkirk Baptist Church, Dunkirk
- Faith Baptist Church, Glen Burnie
- Faith Baptist Church, Knoxville
- First Baptist Church of Beltsville
- First Baptist Church of Frederick

- Grace Community Church, Fulton
- Greenbrier Baptist Church, Boonsboro
- Greenridge Baptist Church, Clarksburg
- Hope Baptist Church, Laurel
- Liberty Church PCA, Owings Mills
- Middle River Baptist Church, Middle River
- National Community Church, Washington, DC
- New Hope SDA Church, Fulton
- Oakdale Church, Olney
- Parkville Baptist Church, Parkville
- Redland Baptist Church, Rockville

*PROVIDING HOPE  
THAT HEALS.*



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A 501(c)3 Non-Profit Charity based in Maryland.

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Designed by Grace Sawyer 2023