

ANNUAL REPORT

FISCAL YEAR 2025



CENTREPOINTE
COUNSELING

INTRODUCTION

LETTER FROM THE EXECUTIVE DIRECTOR

CentrePointe Counseling is on mission to serve our neighbors, so the health of our organization impacts thousands of clients and dozens of church communities. Fiscal year 2025 was a year of movement. I am glad to report that following a year of hiring hardship and loss of counselors, we began to bring the number of counselors back up. Revenue increased this fiscal year, which continues the trend of revenue growth every year for at least the last seven years. Part of this was due to efforts by our board of directors, who raised more individual donations this year than in recent years. This helped to slow the trend of net asset loss since the previous year.

We launched a new method of gauging counseling experiences: in addition to surveying discharged clients, we collected our counselors' assessments of treatment goal accomplishments at the point of client discharge. This is part of an effort to be further informed about our counselors' work and our clients' experiences, towards accountability & improvement of counseling services.

At our annual Partner Luncheon, pastors and ministry leaders were invited to attend counselor-led talks and discussions on mental health topics impacting congregants. This year, we deeply felt the difficulties and needs expressed by the attendees, especially on the topic of caring for care takers as well as on parenting and relationship distress. The need was particularly felt by churches serving rural areas in Maryland, where access to licensed Christian counselors is limited.

Our staff leadership team began to focus contemplations on Scripture towards defining the details of what faith integration with counseling work looks like at CentrePointe Counseling. Scriptural contemplations were unified organization-wide, with all staff and board members reflecting on the same passages and praying on their impact on their specific roles.

I hold much hope of our organization's direction. I hope that you join us in prayer on our journey of growth.

In Christ,



Helen Kim
Executive Director

LETTER FROM THE BOARD CHAIRMAN

The fact that you are reading and reviewing this annual report indicates that you are willing to give CentrePointe some of your attention. For that, we are grateful. After all, none of us has a capacity for unlimited attention. Each day, we make decisions about where to direct our focus and how to distribute our time and energy to a range of relationships, projects, and purposes.

Our attentiveness is something that we can use each day to love God and love our neighbor. Author Richard Foster says, "One of the greatest expressions of love is simply to notice people and to pay attention to them." At CentrePointe, we are engaged in the daily, faithful work of paying attention to people, especially the clients we serve. By being present with them in their struggles, our counselors help our clients know that they are seen, valued, and cared for. And in the process, our counselors become a living witness to the healing presence of God, who is unfailingly attentive to our lives and to the world.

Attention is a powerful, transformative thing, particularly in the lives of those who may feel invisible or who sense that their suffering is unknown to others. That is why we appreciate partners like you, who join us in offering to others the gift of our attentiveness. Through your prayers, your financial support, and other forms of engagement with our mission, you participate in helping individuals with mental health needs realize that they are known and supported.

Again, thank you for giving us your attention, in a variety of ways. We ourselves continue to work at raising our profile and attracting the attention of individuals, agencies, and organizations that want to serve with us. By recruiting additional counselors, adding new counseling locations, growing our network, and enhancing our presence on social media, we aim to grow in our visibility and influence for the sake of God's kingdom. And at every step along the way, we stay prayerful, giving our attention above all to God, and to his direction for our work.

In Christ,



Rev. Kevin Holder
Chairman, Board of Directors



A COMMUNITY AT WORK

Working within a community can make a difference on a worker. But working within a community that is centered on Christ provides a perspective and purpose rooted in hope, redemption, wisdom and Godly love.

This type of community is what CentrePointe's counselors have: it is not only a supportive work environment, but one where counselors are able to contemplate and discuss where God's goodness and grace enter counseling, and one where counselors can challenge each other, and demonstrate understanding, patience and kindness. This has an impact on clients and client work.

In addition to our discharge survey of clients, this past year we began looking at multiple ways to gauge that impact. Our supervisory counselors have also been processing what spiritual integration looks like at CentrePointe Counseling. While both of these efforts continue, we have already recognized the importance for counselors to seek and acknowledge the role of the Holy Spirit in the change of clients, as counselors meet them where they are.



4.5
★★★★★

Discharge surveys collected during the fiscal year show that clients' counseling experiences were positive overall, rating an average score of 4.5 out of 5 (the highest rating). As our organization grows, one of the aims for CentrePointe Counseling will be to retain and develop this community towards the healing and benefit of our clients.

WHAT THEY'RE SAYING

“

[M]y therapist respectfully [helped] me to broaden my view of faith and God.

[My counselor and I] anchored every conversation in faith which was my intention with pursuing counseling...[We] spoke about my relationship with the Lord in helping me grow to challenge my own self-beliefs and trust in God more.



...I had no support systems in place. Counseling helped me to identify ways to support myself, both externally & internally, emotionally, spiritually & physically. Counseling helped me to think outside the box that my brain provides me, to see other options & opportunities

I needed assistance in processing my emotions. Counseling has changed my life in showing me that it is possible for me to find stability in myself when the world around me is not [stable]. It has also helped me to develop a strong sense of self and self-belief that has helped me in my personal/professional life.



”

SAMARITAN FUND & MINISTRY SUPPORT

One of the most common reasons people with mental health needs do not seek therapy is lack of affordability. Over the last fiscal year (July 2024 to June 2025), CentrePointe Counseling committed nearly \$48,000 in funds to 40 clients with financial need, to help them see our counselors. Recipients of Samaritan Fund grants include those who do not have health insurance, or who cannot afford their full insurance co-payment amounts. Through a simple but formal application process, anyone can apply for a Samaritan Fund grant; the only criterion is financial need. We are thankful for donors who have enabled us to help those who are unemployed, under-employed, students and retirees with little to no support, and others with strained budgets and limited means

CentrePointe Counseling also partners and builds relationships with churches. At this year's Pastors' Luncheon, we hosted ministry leaders to hear our on counselors speak on family and parenting issues that cause anxiety, stress, and challenging relationships. Counselors provided insight on experiences that can overwhelm ministry leaders who help congregants. Ministry leaders in attendance expressed a need for more mental health care support, particularly in rural communities. We hope to have more opportunities to support churches in response to these needs.



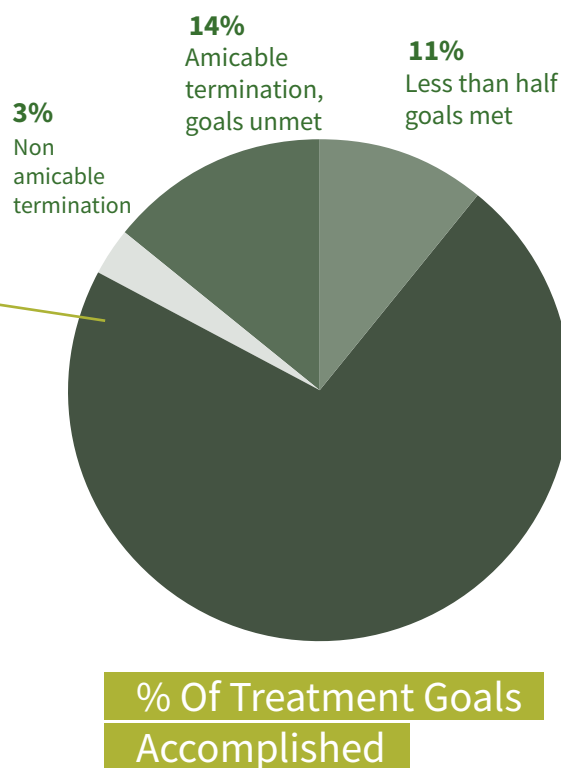
* CentrePointe Counseling is a 501(c)3 non-profit Christian charity. Donations to our General and Samaritan Funds are tax-deductible, and help us reach and support ministry leaders and church communities, support new programs, and help clients access our counselors. We truly appreciate the prayers and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

THE IMPACT OF TREATMENT

72%

Of clients met at least half of their treatments goals

Understanding and improving the quality of our counseling work is a continuous goal; however, getting feedback from counseling clients is particularly difficult. Counseling sessions are where clients experience a safe, non-judgmental space to express their thoughts and experiences; it can be an especially private and vulnerable experience.



This year we kicked off one method to gauge how well treatment goals were being met: we fine-tuned our counselors' discharge comments. The vast majority of clients met their treatment goals – a satisfactory outcome, despite what can often be a complex journey for clients, as unexpected issues arise during therapy. More clients are relying on talk therapy with counselors than on drug treatment alone (American Journal of Psychiatry), so how well our counselors are meeting the mental health needs of clients has great importance to us. Other methods of gauging client experiences & satisfaction are currently underway or have begun in fiscal year 2026.

CLIENT TRENDS

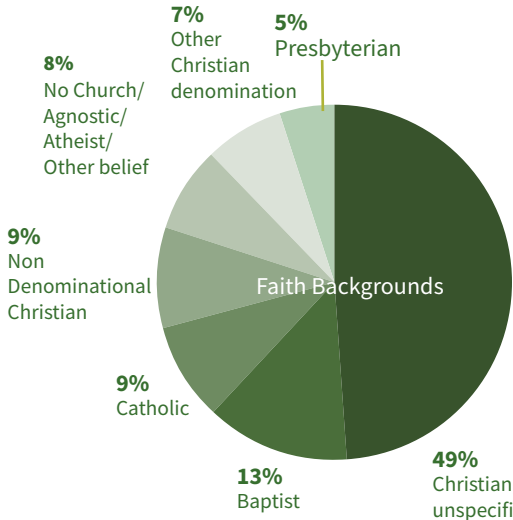
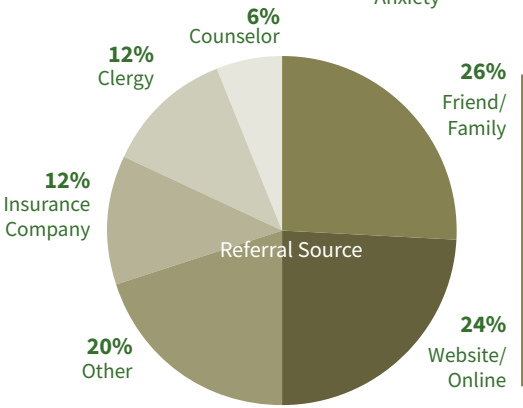
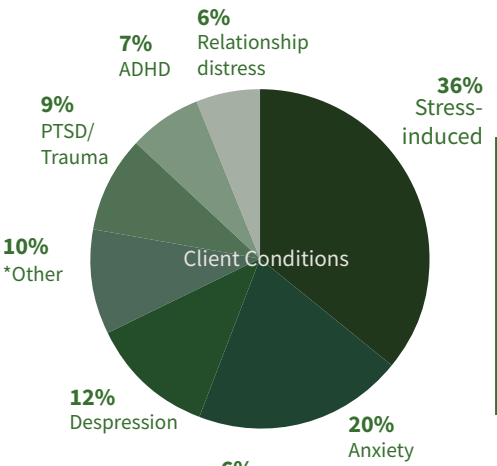
CentrePointe counselors saw 788 clients in fiscal year

2025 (July 2024 to June 2025). Counseling clients aged 30 to 49 comprised 42 percent of clients; and just as last year, the fastest growing client age group was those above 60 years of age. The most commonly diagnosed conditions were related to stress (36%). Anxiety (20%) and depression (12%) rounded out the top three most common diagnoses, while conditions related to relationship distress increased over last year (6%).

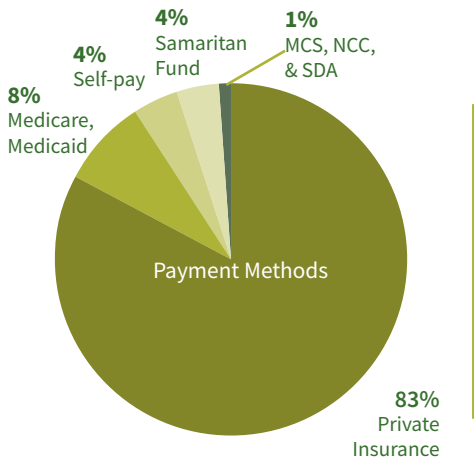
50%

of our clients were referred to CentrePointe either by family or friends (26%) or by searches online (24%).

Clergy referrals matched referrals from insurance listings (12%). Clients predictably used health insurance to pay for counseling sessions over other methods in most cases (83%). Samaritan Fund grants increased as a proportion of all payment methods (4%).

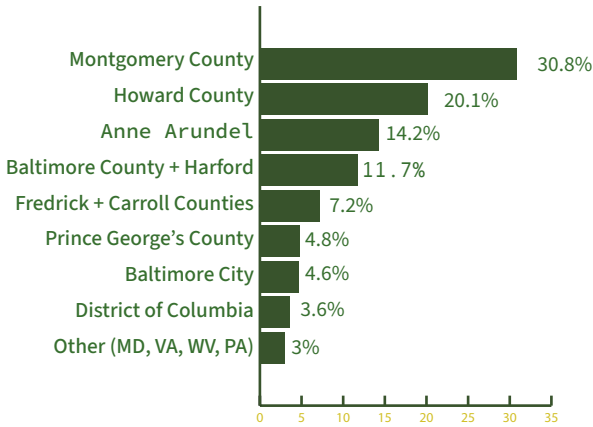


Among clients who provided information about their beliefs, as expected they predominantly identified as Christian. A welcome proportion of clients did not attend church, were agnostic or atheist, or followed another belief or religion (8%). Many clients did not provide information about their beliefs. We estimate a substantial percentage of them held no beliefs or were agnostic, making their interactions with our Christian counselors unique.



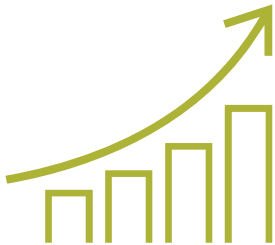
51%

of our clients resided in either Montgomery or Howard county.



Our counselors continued to see clients in heavily populated areas. Clients in the southern Maryland area are currently under-served by our counselors, which we hope to change. Counselors also served clients in West Virginia, Virginia and Pennsylvania.

FINANCIAL UPDATE



In fiscal year 2025, CentrePointe Counseling’s revenue grew over the previous year, continuing a trend of growth for each year over the last 7 years. While revenue collected for counseling activity increased, so did donations and gifts, as a result of concerted fundraising efforts. Counseling revenue increased despite a decrease in counseling activity for the second year in a row. The deficit change in net assets shrunk substantially compared with the previous year, a movement in the right direction.

During fiscal year 2024, we experienced hiring challenges combined with unprecedented expense hikes with key contractors. That led to a year of recovery in fiscal year 2025. Our board of directors set out on fundraising efforts that resulted in more donations from individuals than in any of the previous 7 years. Hiring trends for counselor positions in fiscal year 2025, while slow, began to move in a positive direction that continues to the following fiscal year.

Between fiscal year 2024 and 2025, CentrePointe Counseling changed the accountants conducting our financial review, moving to one that specializes in accounting services for non-profit organizations. With the change, review of expenses in fiscal year 2024 were found to be overstated. The overstated expenses ultimately impacted the value of net assets for both fiscal year 2024 and 2025.

Fiscal Year 2025
(July 2024- June 2025)

Revenues	
Program Services	\$ 1,510,635
Donated Facilities	\$ 126,000
Contributions and Fundraising	\$ 74,746
Investment Income	\$ 9,046
Total Revenue	\$ 1,720,427
Expenses	
Program	\$ 1,359,243
General & Administrative	\$ 365,718
Fundraising	\$ 8,533
Total Expenses	\$ 1,733,494
Change in Net Assets (Deficit)	\$ (13,067)
Net Assets Beginning of Year	\$ 190,905
Net Assets End of Year	\$ 177,838

*CentrePointe Counseling’s financial statements were reviewed by independent accountants. FY25 figures include adjustments to prior year (FY24) net assets.

THANK YOU

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

Thank you!

FRIENDS OF CENTREPOINTE COUNSELING

Adventist HealthCare Behavioral Health & Wellness Services, Baptist Convention of Maryland and Delaware, Friendship Baptist Church of Sykesville, Grace Baptist Church, Grace Community Church, Kensington Baptist Church, Parkville Baptist Church, Beth and Kevin Bergstrom, Lynnda Bird, Carol Cahall, Linda Callahan, Michelle Carrigan, Nancy Commeree, Amy Englemann, Mary Ellen Gillard, Barbara High, Kevin Holder, Andrea Hulse, Brian Marshall, Vicki Martin, Nancy Mathews, Raquel McKenzie, Bob Michael, Alan Norfleet, Elton Norman, Sharon Owen, Chul Park, Kenneth Reynolds, Ann Roda, Thomas Rodgerson, Gemma and Peter Rossoni, Brian Roynestad, Danubia Samuels, Thomas Senker, Eric Simpson, Shirley Simpson, Tim Simpson, Laurie Skipper, Steven Stanislav, Betty Louise Stellabotta, Nina Stewart, Don Sweeney, Barbara Taylor, Larry Wilhelm, Pamela Wowk, Anonymous Donors

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Barbara Taylor, Emeritus

Educator (retired)

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Tom Rodgeron, PhD, LCPC

Jenefer Rojas

Marketing & Graphic Design Coordinator

Leanne Staylor, MS, LCPC

Erin Stine, MS, LCPC, Supervisor

Min Zhu, MA, LGPC

FACILITY PARTNERS

We are grateful to the following congregations for providing space for counseling offices and use.

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

Faith Community Church, Gambrills

Furman L. Templeton Preparatory Academy, Baltimore

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 Seventh Day Adventist Church, Fulton

Oakdale Church, Olney

Olney Seventh Day Adventist Church, Olney

Parkville Baptist Church, Parkville

Redland Baptist Church, Rockville



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