

## Executive Director Message

## Dear Friends,

*Our journey.* When we think through our lives, there are good times and bad. We often remember the best times as moments along the way; a wedding, the birth of a child or a personal achievement. However, the hard times seem more like *journeys*. It's funny how the good memories are points in time, usually with a clear beginning and end, while the hard times seem like lengthy paths that will last forever. Shouldn't it be just the opposite?

The history of Catholic Charities Bloomington holds a collection of journeys. From people who are temporarily suffering and in need to stories about neighbors in the midst of long, drawn-out trials. For people struggling with mental health, many of their memories are paths filled with challenge, chaos and sadness. However, the great thing about a journey is that you never know what to expect. Catholic Charities wants to be that wonderful, unexpected connection – a positive moment along a path otherwise filled with difficulty and distress. Our agency has always had one simple charge: *seek out and help people in need*. As we embrace that responsibility, we find ourselves becoming part of the journey to provide help and create hope for people who are defeated.

This annual report demonstrates the many ways Catholic Charities Bloomington aids those who are temporarily lost on their journeys. In the pages ahead, you will see how our services are designed to help people find their way again. Our staff has helped to serve 562 different “travelers” on the journey this year.

We work primarily in Monroe and its surrounding counties, and our presence is well-known and respected. As you read through these pages, please consider how you might involve yourself in this journey. There are so many ways to be a part of this love-filled “roadside assistance.” Pray for, volunteer for, advocate for or support us! Your blessings will continue to help those on their journey.

Sincerely,



**David J. Bethuram**  
Executive Director



**Michael Stribling**  
Clinical Director

## MISSION STATEMENT

Catholic Charities Bloomington is committed to enhancing the availability of quality mental health services in the communities it serves.

# 2021–2022 Fiscal Year in Review

**Expenses:**  
**\$1,023,000**



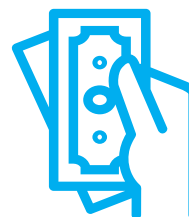
**Revenue:**  
**\$646,000**



**9,843**  
Outpatient sessions  
provided



**43%**  
of clients are children  
under age 18



**24%**  
of clients are on a  
flexible sliding fee  
payment arrangement



**1,394**  
Sessions of specialized therapy  
provided (EMDR, Play Therapy,  
Theraplay techniques)



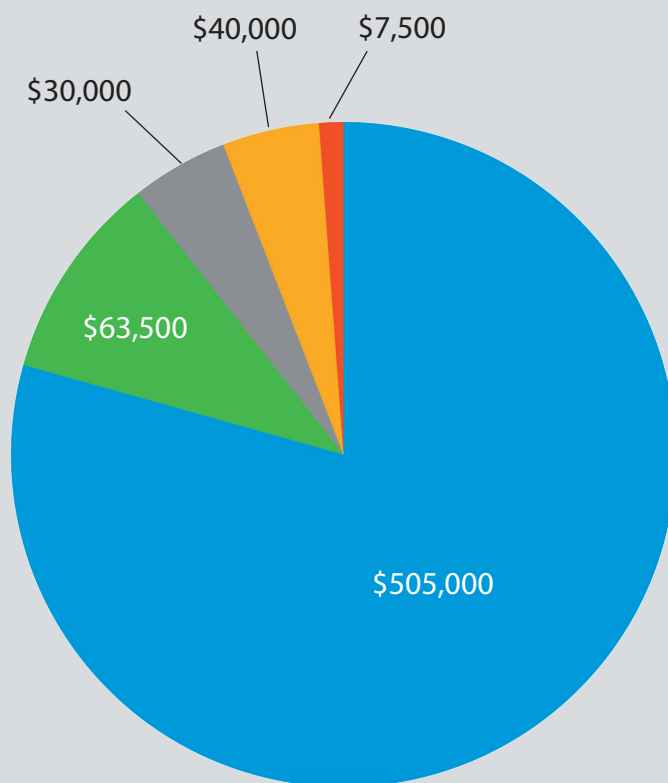
**562**  
People served

# Financial Information

Operating Funds Only – Fiscal Year Ended 6/30/22

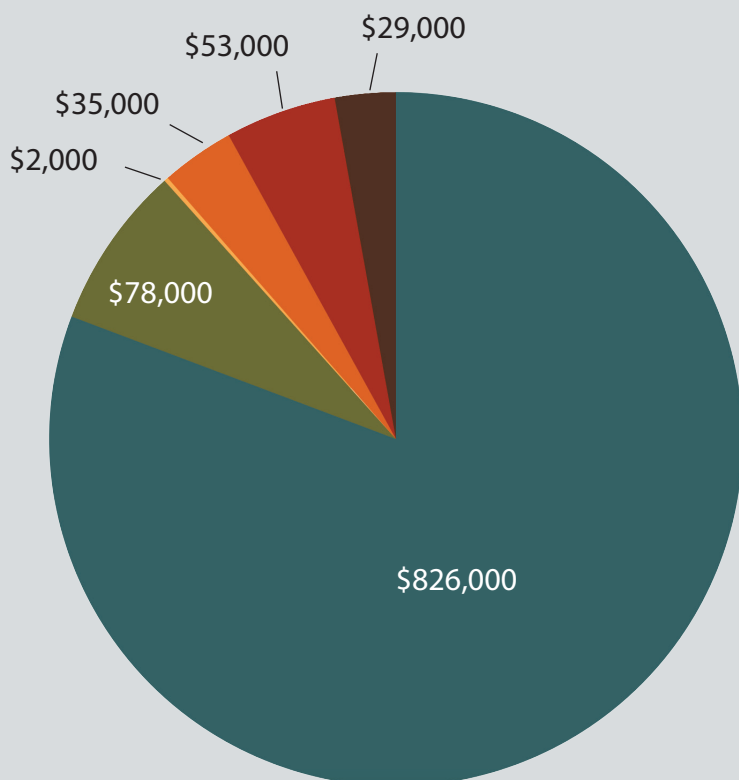
## Revenue: \$646,000

- Program Fees
- Contributions
- United Way
- Grants
- Events



## Expenses: \$1,023,000

- Employee Salaries & Benefits
- Professional & Administrative Services
- Repairs & Maintenance
- Depreciation & Bad Debt\*
- Occupancy Costs
- Other Expenses



*\*Bad debt is related to an allowance for uncollectible payments for client services.*

# Counseling Service Review

The demand for our services continued to grow as we again provided more therapy sessions than the last fiscal year. 24% of clients received specialized therapy (Play Therapy, EMDR and Theraplay techniques) which is a 3% increase over last year.

Catholic Charities Bloomington partners with other organizations to provide counseling services at various locations in the community, including Fairview Elementary, Boys & Girls Club, Monroe County United Ministries, Nurse-Family Partnership, IU Health OB and Riley Physicians. We provided counseling for just \$5/session to the staff of fellow Bloomington non-profits struggling during the pandemic.



We have positioned ourselves as a Trauma/Attachment Treatment Center by offering and training our therapists in multiple therapy methods. We plan to create a curriculum to share this knowledge with others in the community. Additionally, we demonstrated quick tips on reducing stress and anxiety at our Annual Benefit in May and on our YouTube channel: CCB Counseling Services.

Catholic Charities received over \$70,000 in grants in 2021-2022. The following organizations granted funds:

- Community Foundation of Bloomington & Monroe County
- Sophia Travis Grant
- United Way of Monroe County Covid Relief Grant Phase 5
- Victim of Crime Act Federal Grant

## 2022-2023 Update

Catholic Charities Bloomington has seen a 300% increase demand for our services since 2019. We hired several new therapists to help meet this demand for affordable mental health services in our community.

In July, we were awarded a grant from the Community Foundation of Bloomington and Monroe County to re-establish a partnership with New Hope for Families. This grant will begin a multifaceted program within New Hope's new early learning center and family shelter. This new program will provide the following:

- bridge funding to hire a full-time therapist at CCB to work at New Hope and other partner agencies
- funding to purchase supplies for CCB's dedicated Play Therapy and Theraplay space at the learning center
- training for both New Hope staff and the parents/families of their learning center and shelter
- food during learning sessions and New Hope staff to provide childcare

We look forward to sharing more information with you about 2022-2023 in our next annual report that will be available in fall 2023.

# Counseling Success Story



## 2021-2022 Agency Council Members

Robin Gress, President  
Matthew Russell  
Judy Williams  
David Gerchak  
Jenny Kincaid  
Martina Barnas  
Denise Lessow  
LeAnn Luce  
Steve Luce

Ben\* came to CCB seeking support for anxiety, depression and stress. He felt blessed to be entering a new phase of his life as a parent, but the additional responsibility brought changes that were difficult to navigate on his own. He was feeling 'not like himself' and took the step of calling CCB for therapy. Upon meeting Ben, his therapist quickly saw he was both emotionally and intellectually brilliant. From the beginning, Ben wanted to be the best version of himself as a parent and spouse but knew he'd first need to heal from past trauma.

Like most therapy journeys at CCB, Ben's initial sessions focused on establishing rapport with his therapist, learning about mental health symptoms and creating a treatment plan to address his emotional responses. Over almost four years, Ben took the lead in his healing and, with the help of his therapist, utilized several different therapies. His success was supported by his courage, self-love, love for his family and his family's participation in therapy.

Ben healed from past traumas, learned and applied multiple positive parenting techniques and worked to establish healthy boundaries and relationships. He now believes that he is accepted exactly as he is and has been his entire life. With this foundation, he is equipped to move forward as a loving, kind and empathetic father. Ben concluded therapy but knows unconditional trust and support are still available if he needs healing in the future.



\*Name changed for privacy





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