



MENTAL HEALTH MATTERS Podcast



SaintLouisCounseling.org

9200 Watson Road, G-101 | Saint Louis, MO 63126 | 314.544.3800
www.SaintLouisCounseling.org



2018-19 Annual Report

MISSION | PROGRAMS & SERVICES

Mission Statement

Guided by the teachings of Jesus Christ, Saint Louis Counseling supports healing and improved mental health for individuals and families of all backgrounds through professional counseling and psychiatric services.

Programs & Services

- Outpatient Office-based Counseling
- Outpatient Psychiatry
- School Partnership Program (SPP)
- Employee Assistance Program (EAP)
- Community Education
- Parenting the Love and Logic Way Classes for Parents
- Training Programs



FROM THE EXECUTIVE DIRECTOR

Dear Friends,

Every day when I awake, I give thanks for having been given the opportunity to lead Saint Louis Counseling. When I'm out in the community and hear the agency name mentioned or am told stories about how someone's life has been helped through our services, I am humbled by the work of our therapists and staff members, who are changing lives for the better on a daily basis. We are in the business of helping other people through challenging times. We have a team devoted to carrying out our mission, walking with thousands of people on difficult journeys, guiding them to wellness and understanding. For me, that is a testament to the people who work at the agency and the people we serve. Our clients are our highest priority.



Over the past fiscal year, we have worked diligently, not only to improve and enhance our internal systems to be more efficient but also to improve ourselves personally and professionally to better meet the needs of the ever-growing population seeking mental- and emotional-health counseling. The non-profit world is a challenging environment, and it will continue to be, as grant dollars shrink and the need for mental-health services grows. We will continue to be proactive and diligent to stay ahead of the curve when it comes to finding new and creative funding streams. Even though the road can be rocky at times, I am not phased, because I know the good work we are doing, day in and day out, with the clients served. I have faith in our foundation under the Archdiocese of St. Louis, and I have faith in the amazing clinicians and administration of our agency.

My heart is full of pride when I think of the strong clinical work we are doing. We do not give up, even though the stories we hear from our clients continue to be angst-filled and, at times, heartbreaking. Saint Louis Counseling provides compassionate care for all our clients, no matter their age or background. I am grateful for the impact that the agency as a whole is making to help create healthy kids, healthy families, healthy schools and a healthy society, every single day. For all that you are doing to contribute to that, thank you.

Sincerely,

Thomas Duff, MSW, LCSW
Executive Director

PROGRAMS & SERVICES

Outpatient Counseling / Psychiatry

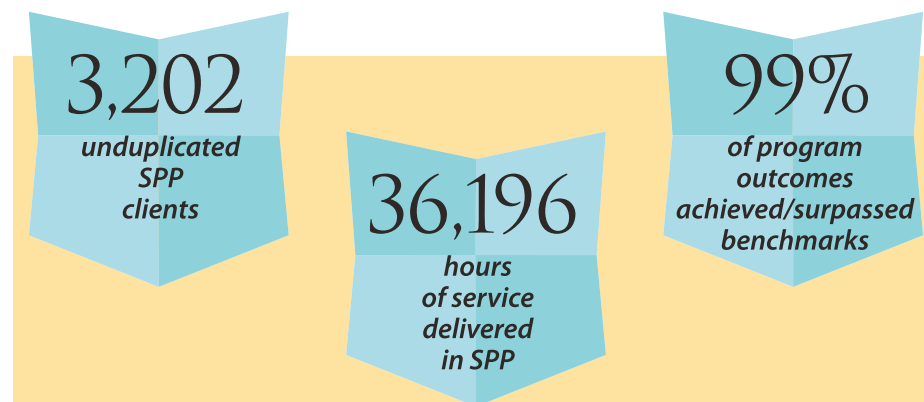
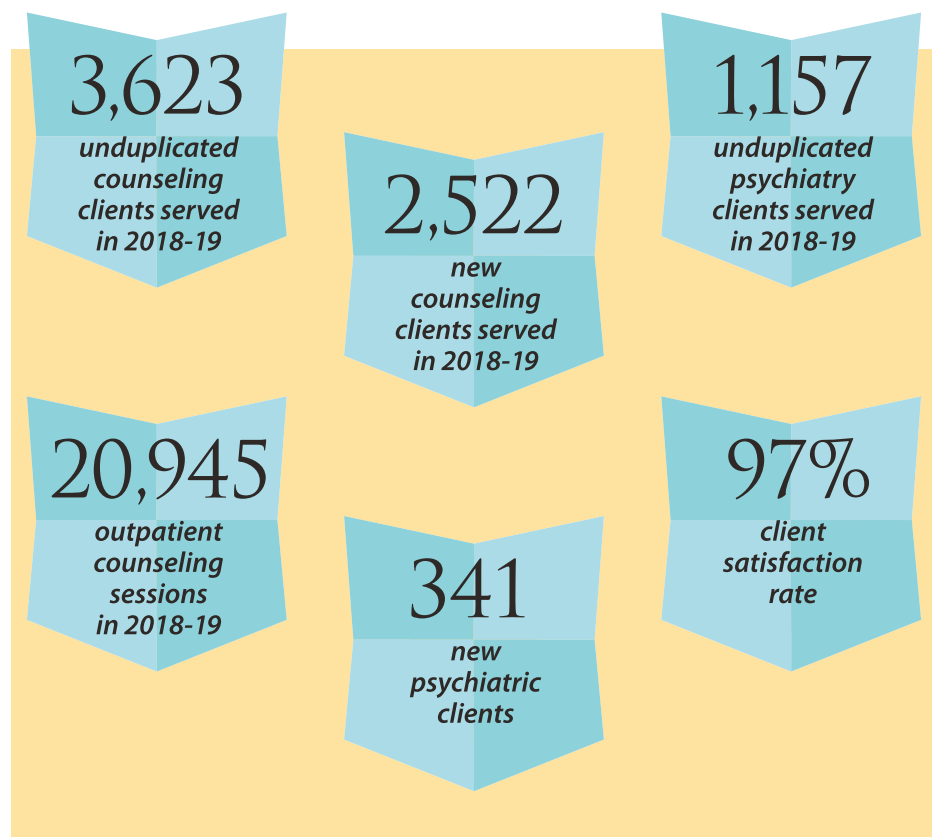
Saint Louis Counseling provides professional counseling services to children, adolescents, adults, the elderly, couples and families within eight office settings throughout the St. Louis area. Our clinicians are skilled in providing individual, couples, marital, family, and group therapy.

Our psychiatrist is board-certified and treats a range of mental-health illnesses, including depression, bipolar disorder, anxiety disorders, ADD/ADHD and other mental-health issues. In situations where it is determined that counseling could benefit from and be supplemented with medication, the counselor and psychiatrist work collaboratively to provide the best care for the client.

School Partnership Program (SPP)

SPP is designed to assist K-12 students who attend parochial, private and public schools with mental-health services, in the schools they serve.

SPP provides school-specific services based on the philosophy that the school, family, and community are partners in educating our children, strengthening families and building stronger, safer communities. Services include embedding counseling, outreach, crisis response, consultative services and prevention services within the participating schools and school districts.



SPP SCHOOLS & SCHOOL DISTRICTS

Afton School District:

Afton High School
Gotsch Intermediate School
Mesnier Primary School
Rogers Middle School
Al-Salam Day School
All Saints Academy:
St. Ferdinand Parish
St. Norbert Parish
St. Rose Philippine Duchesne Parish
All Saints School – St. Peters
Assumption School – Mattese
Bishop DuBourg High School
Blessed Teresa of Calcutta School
Cardinal Ritter College Prep
Christ, Light of the Nations School
Christ, Prince of Peace School
Christ the King School
Christian Brothers College High School

Festus School District:

Festus Elementary School
Festus Intermediate School
Festus Middle School
Festus High School
Good Shepherd School - Hillsboro
Herculaneum High School
Holy Child School – Arnold
Holy Cross Academy:
Annunciation Campus
Our Lady of Providence Campus
St. John Paul II Campus
St. Michael the Archangel Campus
Holy Infant School
Holy Redeemer School
Holy Rosary School
Holy Trinity School
Immacolata School
Immaculate Conception – Dardenne Prairie
Immaculate Conception School – Old Monroe
Immaculate Conception School – Union
Incarnate Word School
Kipp Inspire School
Lafayette High School
Loyola Academy Middle School
Marian Middle School
Mehlville School District:
Bernard Middle School
Blades Elementary
Hagemann Elementary
Point Elementary
Rogers Elementary
Most Holy Trinity School & Academy
Most Sacred Heart School – Eureka
Notre Dame High School
Our Lady School
Our Lady of Guadalupe School
Our Lady of Lourdes School
Our Lady of Lourdes School – Washington
Our Lady of the Pillar School
Parkway School District:
Carman Trail Elementary
Parkway North High School
Parkway West High School

River Bend Elementary
Ross Elementary School
Shenandoah Valley Elementary
Wren Hollow Elementary
Queen of All Saints School
Rosati-Kain High School
Sacred Heart School – Florissant
Sacred Heart School – Troy
Sacred Heart School – Valley Park
Seton Regional Catholic School
South City Catholic Academy
St. Agnes School
St. Alban Roe School
St. Alphonsus School
St. Ann School
St. Anthony School
St. Bridget School
St. Catherine Laboure School
St. Cecilia School & Academy
St. Charles Borromeo School
St. Charles School District:
Monroe Elementary
Jefferson Intermediate School
St. Clare of Assisi School
St. Francis Borgia School
St. Francis Borgia Regional High School
St. Francis of Assisi School
St. Gerard Majella School
St. Gertrude School
St. Joachim School
St. John the Baptist School – Gildehaus
St. Joseph School – Josephville
St. Joseph School – Imperial
St. Joseph School – Manchester
St. Justin Martyr School
St. Louis Catholic Academy
St. Louis Public School District:
Farragut Elementary
Herzog Elementary
Mann Elementary
Nance Elementary
Yeatman-Liddell Middle
St. Margaret Mary Alacoque School
St. Margaret of Scotland School
St. Mark School
St. Mary's High School
St. Mary Magdalen School
St. Monica School
St. Paul School – Fenton
St. Paul School – St. Paul
St. Patrick School – Wentzville
St. Pius X High School – Festus
St. Raphael the Archangel School
St. Rose of Lima School
St. Simon the Apostle School
St. Stephen Protomartyr School
St. Theodore School
St. Vincent High School – Perryville
St. Vincent School – Perryville
Ste. Genevieve du Bois School
Sts. Joachim and Ann School
Trinity Catholic High School
Troy Buchanan High School

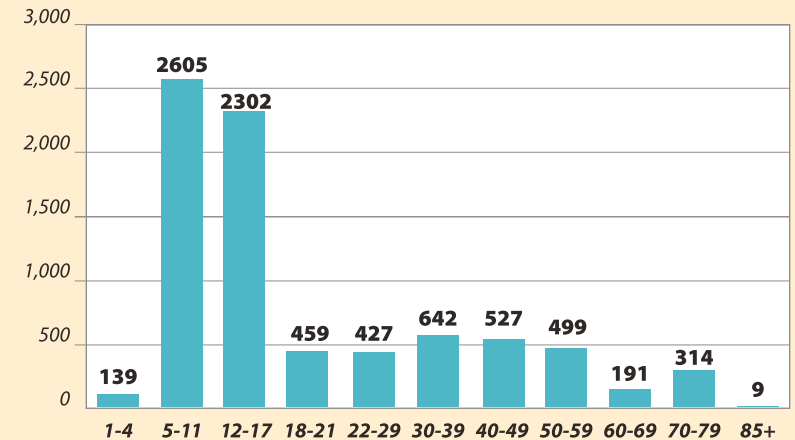
CLIENTS & REFERRAL SOURCES

Clients Served

Saint Louis Counseling provides services to people living in St. Louis City and the Missouri counties of Franklin, Jefferson, Lincoln, Perry, Saint Charles, Saint Francois, Ste. Genevieve, St. Louis, Warren and Washington. The top mental-health diagnoses in 2018-19 included:

- 1 **Adjustment Disorder w/ Anxiety & Depression**
- 2 **Anxiety Disorder**
- 3 **Adjustment Disorder Unspecified**
- 4 **Adjustment Disorder w/ Anxiety**
- 5 **ADHD Combined Type**

Number of Clients Served by Age in 2018-19



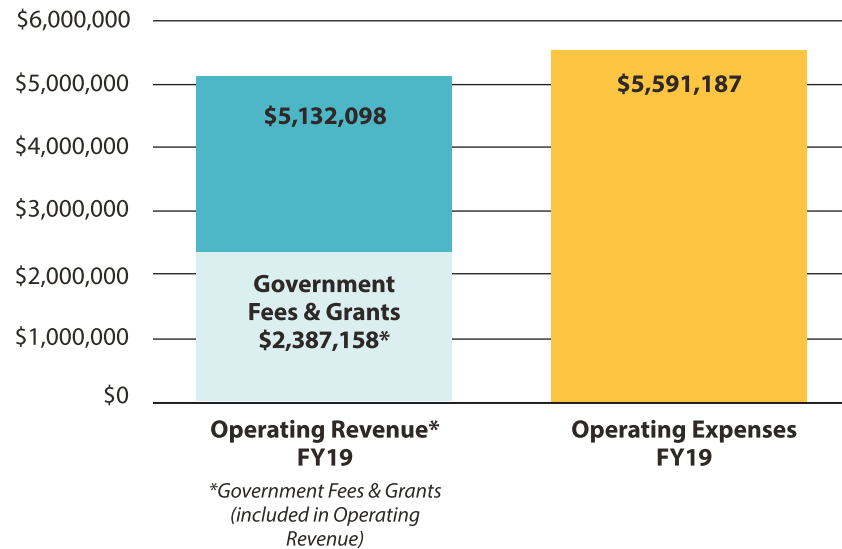
Referral Sources

Saint Louis Counseling's top-three referral sources in 2018-19 included:

- 1 **School/Special School District**
- 2 **Family Member**
- 3 **Doctor/Psychiatrist**

OPERATIONS, FEES & FUNDING

Operating Revenue / Expenses



Payments to Saint Louis Counseling

Many private insurance companies, county grants and employee assistance programs (EAPs) cover the cost of our mental-health services. We process insurance claims for reimbursement, and for clients who do not have health insurance, we offer sliding-scale rates.



LEADERSHIP & BOARD OF DIRECTORS

Saint Louis Counseling Leadership Staff

Tom Duff, MSW, LCSW
Executive Director

Saundra Barker, MSW, LCSW
Chief Program Officer

Beth Crider, MPA
Grant Writer/Community Liaison

Lauri Cross, MSW, LCSW
Director of Administrative Services & HR

Sarah Davis
Clinical Director

Debbie Dugan
Business Development/Marketing Director

Laura Durrer
Clinical Director

Kerri Gallen, MSW, LCSW
Clinical Director

Blake Hildwein
Director of Administrative Services & HR

Mary Anne Iorio, MSW, LCSW
Clinical Director

Chelsea Link, MA, LPC
Clinical Director

Nicole Ostrowski, MSW, LCSW
Clinical Director

Amanda Wolfenbarger, MA, MSW
Director of Quality Improvement & Strategic Alignment

Executive Board of Directors

Gene Poisson	<i>President</i>
Meghan Bohac	<i>Vice President</i>
James Jaacks	<i>Treasurer</i>
Stephanie King	<i>Secretary</i>
Theresa Ruzicka	<i>Catholic Charities</i>
Castor Armesto	<i>Member</i>
Daniel Holmes	<i>Member</i>
Kalila Jackson	<i>Member</i>
Thomas Lally	<i>Member</i>
Msgr. Eugene Morris	<i>Member</i>
Bill Schmitt	<i>Member</i>
Richard Schwartze	<i>Member</i>
Mark Stephens	<i>Member</i>
Daniel Walsh	<i>Member</i>

OFFICE LOCATIONS

Offices and Hours

Saint Louis Counseling has eight convenient outpatient offices across the St. Louis Metro area. Business hours are: Monday–Thursday, 8 a.m.–8 p.m.; Fridays, 8 a.m.–4 p.m.; and Saturdays, 9 a.m.–2 p.m.

South County/ Administration Office

9200 Watson Rd, G-101
St. Louis, MO 63126
P: 314.544.3800

Union Office

102 E. Springfield, Ste. 202
Union, MO 63084
P: 636.583.1800

O'Fallon, MO, Office

311 South Main, Ste. 100
O'Fallon, MO 63366
P: 636.281.1990

Florissant Office

1385 Harkee Drive
Florissant, MO 63031
P: 314.831.1533

Troy, MO, Office

#140 Professional Pkwy
Troy, MO 63379
P: 636.528.5911

West County Office

498 Woods Mill Road
Manchester, MO 63011
P: 636.391.9966

Bellefontaine Neighbors Office

10235 Ashbrook Drive
St. Louis, MO 63137
P: 314.831.1533

Herculaneum Office

1349 McNutt Street
Herculaneum, MO 63048
P: 636-638-2203



FUNDERS | COLLABORATIVE PARTNERS

Funding and Partnerships

Annual grants and funding from the following organizations, foundations and corporations help to offset costs of Saint Louis Counseling's services for the individuals we serve. Saint Louis Counseling is grateful to the following for their continued support of the agency:



Proud member of

United Way
of Greater St. Louis



theSAIGHfoundation.org

RASKOB FOUNDATION

