

Despite being closed to in person therapy for 15 weeks due to the pandemic, we were still able to provide as many sessions as the last fiscal year, 7,473. Fourteen percent of clients received a specialized therapy (Play Therapy, EMDR & Theraplay).

Catholic Charities Bloomington partners with other organizations to provide counseling services at various locations in the community, including Fairview Elementary and Boys & Girls Club.

Catholic Charities received around \$153,000 in grants in 2019-2020. Some of these grants were in response to the COVID-19 pandemic.

The following organizations granted funds:

- Bloomington Health Foundation
- Community Foundation of Monroe County
- Jack Hopkins Social Services Grant
- Sophia Travis Community Services Grant
- United Way of Monroe County Emergency Relief Fund

Thanks to the generosity of donors, the Play Therapy Rooms at Catholic Charities Bloomington were remodeled and dedicated in memory of Kathy Van der Schans, a devoted teacher in the community. This therapeutic area for children was designed by Play Therapy Coordinator, Sky Adams. The room features furniture donated by Paul Nord, a carpenter at Sun Circle Farm, built from a single oak tree.

**Agency Council Members**

**Robin Gress, President**  
**David Gerchak**  
**Jenny Kincaid**  
**Martina Barnas**  
**Denise Lessow**  
**LeAnn Luce**  
**Steve Luce**  
**Deb Meyer**

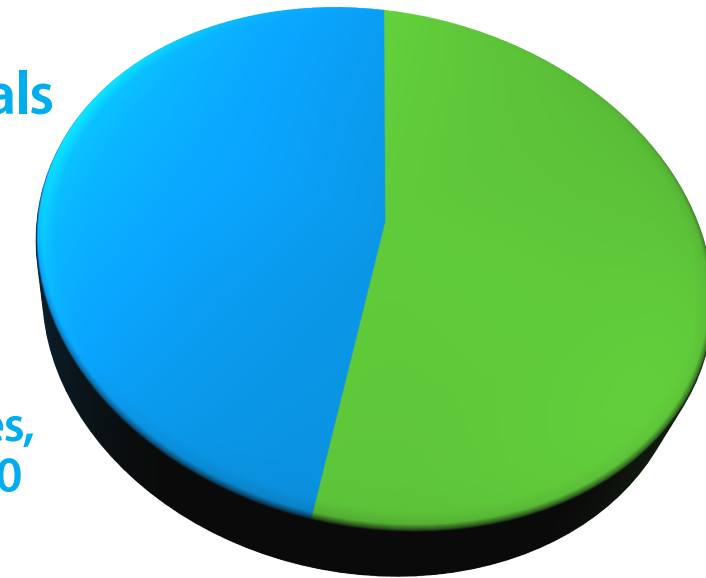


## MISSION STATEMENT

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

## 2019–2020 Financials

**Operating Funds Only  
(Fiscal Year Ended  
6/30/2020)**



**Expenses,  
\$749,000**

**Revenue,  
\$843,000**

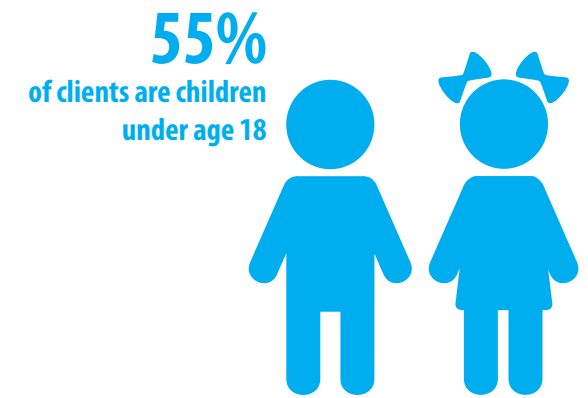
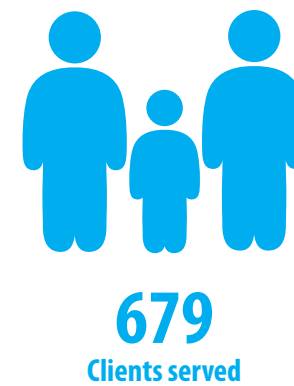
### 2020-2021 Update

The second half of 2020 was busy for Catholic Charities Bloomington. The need for services tripled due to the COVID-19 pandemic. Several new therapists were hired in response to a 300% increase in request for services.

Catholic Charities Bloomington was recognized by Mental Health America of Monroe County as the Outstanding Agency of the Year. Clinical Director O'Connell Case was named the Outstanding Mental Provider.

CCB Therapists Sky Adams and Emily Corturillo were nominated for awards as well. This is a great accomplishment for O'Connell and Catholic Charities Bloomington.

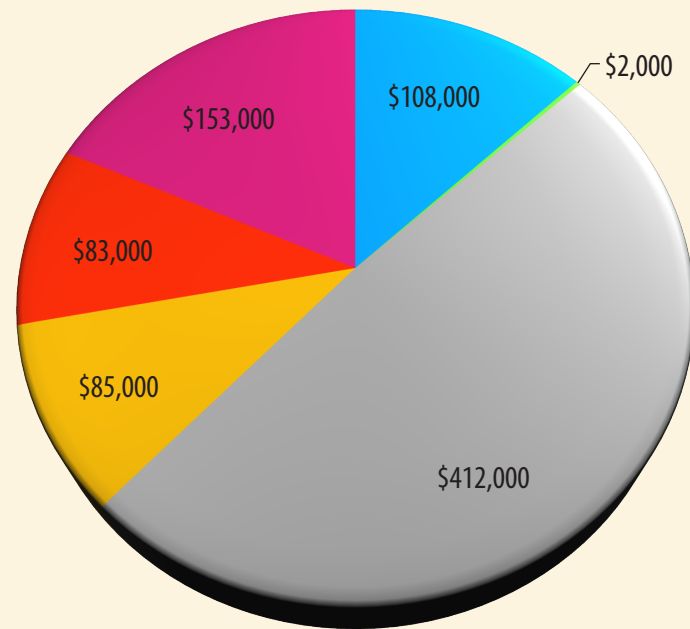
We look forward to sharing more information with you about 2020-2021 in our next annual report that will be available in late fall 2021.



# Financial Information

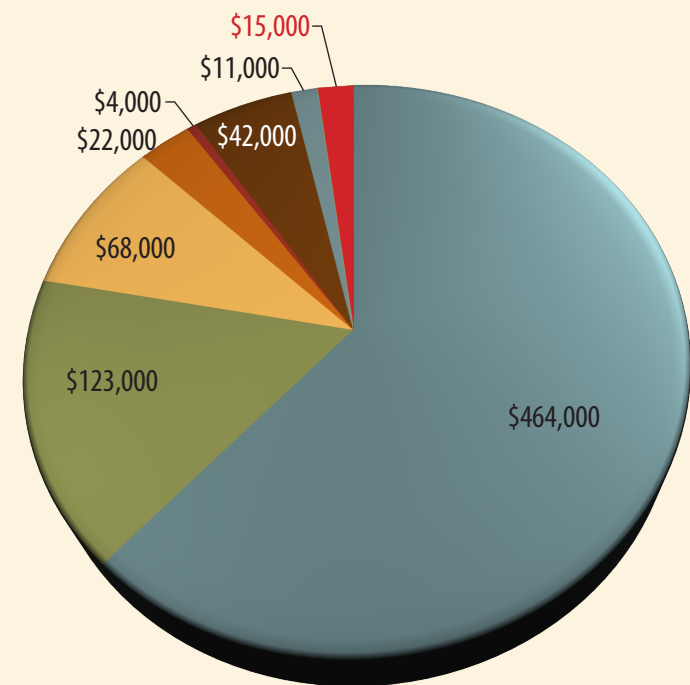
Operating Funds Only – Fiscal Year Ended 6/30/20

## Revenue



- Contributions
- Archdiocesan Support & UCA
- Events
- Grants
- Program Fees
- United Way

## Expenses



- Salaries
- Maintenance
- Taxes & Benefits
- Occupancy
- Professional Services
- Other
- Administration
- Bad Debt

*Bad debt is related to an allowance for noncollectable payments for client services. In FY19-20 the allowance decreased resulting in a negative bad debt expense.*

# Counseling Success Story



Cody\*, a twelve-year-old boy, came to Catholic Charities Bloomington after his family was counseled by his teacher that he seemed to be struggling in the classroom, which was unusual. These changes in behavior coincided with the beginning of the pandemic and continued to progress. Cody's mother shared that he had always had some anxiety, but she was spending more time reassuring him that it was safe to touch certain objects. At his initial assessment, Cody described his behaviors like nail biting, worrying, and excessive hand washing. He struggled with the need for things to be balanced and orderly; for example, if he accidentally touched his dad's shoe, he would need to touch his mother's shoe to "balance it out." At school, he was bothered by his peers' rowdy behavior, and grew extremely worried about touching objects they touched, believing he would become "contaminated." Understandably, all these worries were making it hard for Cody to concentrate in class. Cody told his therapist that he felt like he was the only person in the world who performed these kinds of rituals, and he was incredibly relieved when they told him that other people struggle with the same thing!

Cody's therapist identified the problem as Obsessive-Compulsive Disorder (OCD). They worked with the family to explain how it can affect the brain and how it can be alleviated. The therapist explained that OCD is just a heightened form of anxiety, and with work and practice, OCD would no longer rule Cody's life. Discussing the issue with the therapist as a family is a very critical piece in treating anxiety and OCD. It is important that everyone in the home uses the same language and knows how to help.

Over the course of five sessions, Cody and his therapist created a "hierarchy of fears" to tackle each trigger one at a time. Cody's therapist taught him that whatever we avoid grows stronger, and that the only way to beat his OCD would be to face each situation with a plan. Cody drew a picture of his OCD and gave it a name as part of the healing process, and whenever he resisted an impulse, he spoke to OCD like a person. Slowly, Cody delayed touching objects, telling himself to forget about the irritation. Over time, he learned that nothing bad happened when he would neglect his routine, despite how worried he had been!

Cody and his therapist also used Eye Movement Desensitization and Reprocessing (EMDR) to help him feel less anxious when kids at school were goofing off. He now knows he can walk away without the other kids' behavior ruining his day. By "talking back" to OCD, facing each trigger on his hierarchy of fears list, and utilizing EMDR, Cody is wrapping up with his treatment. He is integrating all his new tools into his daily life at school and in his extracurricular activities and is feeling more relaxed and much less tense. He can always come back to therapy for "tune-ups", but for now Cody can enjoy being a teen without as much worry.

*\*Names and/or details changed for privacy*

### 2021 Annual Benefit

To hear more stories of success in our clients' and therapists' own words, join us on Wednesday, May 12th at Noon for our virtual Annual Benefit. The Catholic Charities Bloomington virtual Annual Benefit will celebrate National Mental Health Awareness month and share the impact we have in helping people achieve mental health recovery. It will also feature an update from Clinical Director, O'Connell Case on the state of the counseling program and how we have adapted to meet the needs caused by the COVID-19 pandemic. Find more information on our website or Facebook page.

# Mental Health Recovery Happens TOGETHER