

ANNUAL REPORT

Fiscal Year 2014-2015

CATHOLIC CHARITIES BLOOMINGTON (CCB)

Executive Director's Message

Catholic Charities in the Archdiocese of Indianapolis is a human services organization, deeply rooted in faith, and committed to having a profound impact in the communities and on the lives of those we assist and serve.

Catholic Charities agencies located in south central Indiana, specifically Bloomington and Bedford, are known for their compassionate care, with a standard of excellence second-to-none. I view my leadership of Catholic Charities as a calling because my personal goal is to make a meaningful difference in people's lives every day. This is what happens at all of our Catholic Charities agencies. We seek to provide help, create hope and serve all in need.

We are a family of employees, volunteers and supporters. We welcome and serve people of all faiths, educate others about the circumstances of those we assist and serve and advocate for them and for a better society for children, women and families to thrive. It is our recognition of and dedication to cherishing the Divine within every person that enables us to do this.

Through the personal commitment and ministry of our employees, advisory council members, volunteers and supporters, the work done at Catholic Charities in Bloomington and Becky's Place in Bedford, improves the circumstances and lives of more than 1,600 individuals every year through our comprehensive services: professional mental health services for individuals, couples and families, school counseling services, educational and outreach services and shelter services for single homeless women and their children.

I have witnessed the generosity of so many throughout the year, and it gives me great hope even in these extraordinarily challenging times. I want to thank each and every one of you for your generous giving of time, talent and financial support to our service agencies in south central Indiana. We find continued joy in helping the women, children and families we serve, and in the fellowship of our volunteers, supporters and staff toward a common goal. We pledge to continue to provide help, create hope and serve all in throughout the coming year – and beyond.

Sincerely,

David J. Bethuram, MA, M.Min., CFLE, AACC

Executive Director

Secretariat for Catholic Charities

Archdiocese of Indianapolis

Mental Health Services in Brief

Catholic Charities Bloomington was able to provide a total of 10,304 counseling sessions to 1,516 clients this year. 72% of these clients qualify for Medicaid, Healthy Indiana Plan, or sliding fee scale, many due to extreme financial hardship such as medical or legal bills, lack of affordable insurance, or job loss. The services provided this year included individual, family and group counseling; school counseling; teacher training and consultation services; psychological and psycho-educational evaluations for adults and children; and outreach to provide education and supportive services for children, families and adults. Catholic Charities clinicians offered services in our main office in Bloomington, at Becky's Place at Bedford, in schools in the Bloomington and Bedford communities, at the Riley Physicians pediatric offices in Bloomington and Bedford, at Volunteers in Medicine in Bloomington, and at the Thriving Connections community in Bloomington.

Operating Funds During Fiscal Year 2014-2015



Play Therapy Coordinator Anna Kriese identifies the play therapy room themes to interns Spencer Wardlow and Jessica Bare.

Our mission is to provide quality mental health services to persons in need, regardless of their religious, social, or economic background.

Revenues

United Way	\$32,679
Government Grants	\$46,487
Contributions	\$272,246
Special Events	\$43,642
Archdiocesan Support	\$107,598
Program Service Fees	\$372,291
Other	<u>\$1,911</u>
Total Support & Revenues	\$876,854

Expenses

Salaries & Wages	\$565,119
Employee Benefits & Taxes	\$99,333
Professional Services	\$129,732
Supplies	\$52,920
Occupancy	\$62,202
Transportation	\$4,615
Specific Assistance	\$4,410
Other	\$26,538
Depreciation	<u>\$9,825</u>
Total Expenses	\$954,694

Change in Net Assets	\$38,587
Net Assets - Beginning of the year	(\$116,427)
Net Assets - End of the year	(\$77,840)



Play Therapy Program

This year Catholic Charities Bloomington received a grant to start a Non-Directive Play Therapy program. Non-Directive Play Therapy is a psychotherapy approach developed to help very young children work through traumatic experiences without needing to use the adult language. The approach works by allowing children to express their feelings freely which facilitates healing, encourages creative expression, supports new positive behaviors, and improves communication among families with their children. Using these techniques, children as young as two years old are able to communicate their stressors in ways their young vocabularies aren't yet able to manage. Children usually aren't able to fully understand violent images, occurrences, or extreme communications around them in the same way adults can. These experiences, left unaddressed, can become barriers to emotional and psychological development. Non-Directive Play Therapy allows children to clearly communicate these barriers and work through their traumas in a safe environment using their own language, the language of play.

The exact number of young children exposed to trauma in the U.S. is unclear be-

cause many incidents aren't reported or properly recorded, but a recent report by Child Trends, a nonprofit research center that studies the well-being of children in the U.S., suggests that number to be almost half of all children.

Thanks to the grant, Catholic Charities has been able to appoint a play therapy coordinator for the agency and has been able to get training and ongoing supervision in Non-Directive Play Therapy from Registered Play Therapist Supervisor Heather Maritano, LCSW. Three staff members and six student interns are receiving training and supervision in play therapy, providing between 25 and 30 play therapy sessions to children each week.



Registered Play Therapist Supervisor Heather Maritano conducts supervision with Catholic Charities staff and students.

Jane's Story

Jane, a client in her late twenties, has been receiving counseling services at CCB for almost two years. When she first sought services, her severe anxiety made it difficult for her to function. Just a year ago, she was unemployed, living in her parents' basement and relying on food stamps. She had no health coverage, and CCB was the only place she could get mental health services when she had no source of income. Jane's severe anxiety surrounding job interviews made it seem impossible to her that she could ever get a job and a place of her own. Over the past year with the support and encouragement of her therapist, Jane has been pushing herself to get out and socialize, has secured a part-time position as a substitute teacher, is pursuing an on-line technical program, and lives on her own. She is planning to move to Ft. Wayne later this year for more employment opportunities. Jane states that without the strategies she learned in counseling and the support of her therapist, she would not have been able to make these changes.

Providing Help. Creating Hope. Serving All.

**CATHOLIC CHARITIES
BLOOMINGTON**

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Our Mission

Catholic Charities Bloomington is dedicated to the enhancement of the dignity and functioning of all persons in the community-at-large through education, social services delivery, and advocacy. We are especially committed to working within our communities to remove barriers reduce quality of life for the poor or for persons marginalized by our society in any way.

Agency Advisory Council

Jenny Kincaid, President
Melanie Castillo-Cullather, Vice-President
Patrick Clune, Treasurer
Susan Armeny, Secretary
Fr. Rick Eldred, Member
David Gerchak, Member
Robin Roy Gress, Member
Fr. John Hall, Member
Fr. John Meany, Member

Agency Staff

David Bethuram, Executive Director
Craig Fall, Interim Associate Director
O'Connell Case, LCSW, Clinical Director
Kara Lasher, LMHC, Operations Coordinator
Sheri Benham, MSW, Staff Therapist
Travis Lawson, MS, Staff Therapist
Delyn Kazdan, LMHC-A, Staff Therapist
Stephanie Turpin, LMHC, Staff Therapist
Brady Hart, Psychologist Intern
Marianne Davis, Office Staff
Kiana Vaughn, Office Staff



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The Church in Central and Southern Indiana