

Catholic Charities

2016-2017 Annual Report: Fiscal Year July 1, 2016 – June 30, 2017



Director's Letter • Faith in the Love of God

Dear Friends of Catholic Charities,

All of us at Catholic Charities are very grateful for the messages of support and encouragement we receive each day from people throughout south central Indiana who stand by our mission and support our programs through their volunteer work, their generosity and their prayers. Our dedicated supporters in communities, large and small, share their commitment to expanding our compassionate, professional mental health and shelter services for children, adults and families of all faiths. It is only with the help of others that Catholic Charities in Bloomington and Becky's Place in Bedford can fulfill *our mission of charity, service and justice dedicated to providing help to those in need, hope to those in despair and inspiration for others to follow.*

We have faith in the love of God for all his people, the fortunate and unfortunate among us. We have hope in the enduring social ministry performed each day by our

devoted staff, volunteers, advisory council members and community partners.

I hope as you read the information and stories contained in this annual report, you will be inspired to also help those in need in our communities. We will continue to need your support and encouragement in the years ahead. Our mission is challenging. These challenges will require all of us at Catholic Charities in south central Indiana to rely on the support, prayers and advocacy of all people of good will and the blessings of our Father in heaven.

Sincerely,

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

Executive Director

Secretariat for Catholic Charities Archdiocese of Indianapolis

One Mission

Catholic Charities 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.

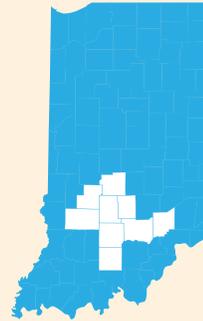
We are committed to working within our communities to remove barriers that reduce the quality of life for the poor or for persons marginalized by our society in any way. We are dedicated to providing help and creating hope to all in need in our communities.

Two Efforts

Catholic Charities is committed to enhancing the availability of quality mental health services in the communities it serves. and creating hope for women and children who are experiencing homelessness and moving toward a life of self-sufficiency.

We do this through the delivery of professional mental health education and counseling on a sliding-fee scale and through advocacy for affordable, easily accessible community mental health services.

Becky's Place is providing shelter



We serve residents of the counties of the Bloomington Deanery of the Archdiocese of Indianapolis: Brown, Lawrence, Morgan, Monroe, Orange and Owen counties, as well as the residents in Greene, Jackson and Jennings counties.

Healing and Hope in EMDR

Emily* came to Catholic Charities after being beaten and sexually assaulted, leading to an intense battle with Post-Traumatic Stress Disorder (PTSD). Over the course of a year, Emily had made good progress with traditional "talk therapy" approaches to treating her trauma. However, some of her PTSD symptoms would not abate, most notably a full panic reaction whenever she caught a glimpse of someone who bore a physical resemblance to her attacker. Emily

and her therapist decided to try a new therapy approach called Eye Movement Desensitization and Reprocessing (EMDR), a psychotherapy treatment originally designed to alleviate the distress associated with traumatic memories. After only three sessions of EMDR, Emily no longer experienced panic reactions to seeing people who reminded her of her attacker. Additionally, Emily also noticed a significant improvement in her quality of sleep, less overall anxiety and a

reduction of other symptoms. Over the next few months, Emily ended an unhealthy relationship, got a new full-time job and successfully executed a plan to pay down credit card debt. By the time she discharged from counseling, she was debt-free. Through EMDR and the counseling services of Catholic Charities, Emily was able to move on with her life and become a stronger, more independent woman.

**name changed for privacy*

2016-2017 Agency Council Members & Staff

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Robin Roy Gress, President
Trish Hausmann, Vice President
Deborah Getz, Secretary
Fr. John Meany
Susan Armeny
Martina Barnas
Michael Faris
Jennifer Faris
David Gerchak
Jenny Kincaid
Josephine Kincaid

Staff

O'Connell Case, Clinical Director
Kara Baertsch,
Operations Coordinator

Sheri Benham, Staff Therapist
Dennis Craig, Staff Therapist
Delyn Kazdan, Staff Therapist
Kaitlin King, Staff Therapist
Jessica McDonald,
Staff Therapist
Kristin Snyder, Staff Therapist

BECKY'S PLACE Agency Council

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Shelley Kenworthy,
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Teresa Boshears, Treasurer
Angie Cosner, Secretary
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Program Director
Natalie Watson,
Director of Operations
Amanda Carpenter,
Shift Supervisor
Melissa Carter, Shift Supervisor
Sarah Harris, Shift Supervisor
Donna Keller, Shift Supervisor

Leah Martin, Case Manager
Cassidy Morron,
Shift Supervisor
Leah Strain, LCSW
Heather Umphress,
Shift Supervisor
Leah Walden, Shift Supervisor

SECRETARIAT OF CATHOLIC CHARITIES

David Bethuram,
Executive Director
Craig Fall,
Senior Associate Director
Bill Bickel,
Director of Program Evaluation
& Development
Cheri Bush,
Mission Advancement

Counseling and Mental Health Services

From July 1, 2016 – June 30, 2017, Catholic Charities served 1,009 individuals, **774 were children, 18 and under.**

When we work with children, we involve the parent(s) and sometimes sibling(s) for one or more sessions. Meaning, one or more additional lives are also impacted. Therefore, **well over 2,170 individuals benefit from our counseling and mental health services.**

- Total appointments: 6,492
- Total individuals with Medicaid/HIP: 494 = 49%
- 683 children served at IU Riley Physicians
- 44 individuals served at Southern Indiana Physicians
- 38 children served at Fairview Elementary

Shelter Services

In 2016 and 2017, Becky's Place, a program of Catholic Charities, served and made an **impact in 178 lives.**

- 53 were children (newborn – 18 years old)
- 82 women entered our program with no current income
- 53% gained income or increased income while at Becky's Place
- 63 women completed the shelter program, moved into permanent housing and participated in our aftercare program
- Most women were between the ages of 25 – 34





Helping to Create Lasting Change

Becky's Place, a shelter for women and children, has served nearly 500 residents since opening their doors in February 2012. Becky's Place is truly a labor of love, blessed by God and assembled by several community members who recognized a need in the area. After 2 years of planning, the doors opened and welcomed those in need with open arms.

Becky's Place is a unique shelter that finds resources from the small-town residents and community members. Due to the partnerships that Becky's Place has formed with the community, we are able to solve the lack of resources and come together to find solutions for women and children to lead stable lives once again. Some resources come from unexpected places and are truly a blessing. For example, some landlords reach out to Becky's Place when they have

an available apartment for a resident. Youth groups help the women move into permanent housing when there is no one else to help. Local churches donate clothing, food and household products to residents moving out. Members of the community and local agencies sponsor Becky's Place women and children at Christmas to make sure they have a wonderful holiday experience.

Although having a building for the women to live in is a necessity, it is the services and staff that make the mission a success. Becky's Place Director of Operations, Natalie Watson, states that the staff feels rich in resources, "Sometimes we are unsure of how we will get a need met, but it always works out. For example, just a few weeks ago we had a resident who was getting ready to move out and still needed bedding.

She had been mentioning the bedding for a few days but Becky's Place was currently out of bedding sets to give away. On the day she was scheduled to move out, we opened the donation shed and found a brand new bedding set, and it was even her favorite color!"

The women of Becky's Place often need more than just material items; they need a support system, too. Becky's Place Case Manager, Leah Martin, says, "I can't imagine doing this work anywhere else. I take pride in the fact that each person is treated as a whole person. The women of Becky's Place share their biggest fears and past suffering with us. These levels of support means that I know a lot more about them and can be more effective in helping these ladies make lasting changes."

Restoring Joy to Childhood

Six-year-old Mia* came to Catholic Charities due to extreme phobias that majorly impacted her day-to-day life. Because of her many fears, she was unable to attend school or even read a story because of her overwhelming fear that she would be surprised by a picture or photo of one of her fears.

Through therapy at Catholic Charities, Mia began to cope with the things that

frightened her while also keeping her from collecting additional phobias. Her therapist found playful ways to address Mia's phobias by creating a colorful hierarchy of fears to identify the source of each one. Finding playful ways to bring the representations of the phobias into the room, her therapist helped Mia conquer each of her fears. For example, they would print cartoon characters and rip them up. If Mia was still experiencing anxiety, they would do it

over and over, until her anxiety level went down and she saw that nothing bad would happen if she saw them. After only a few sessions, Mia could express her feelings better, experience less meltdowns and was more cooperative at home. With the help of therapy through Catholic Charities, Mia was able to face her fears, go to school, read books, laugh and enjoy her childhood.

**name changed for privacy*

Bloomington Counseling & Mental Health Services

Operating Funds Only • Fiscal Year Ended 6/30/17

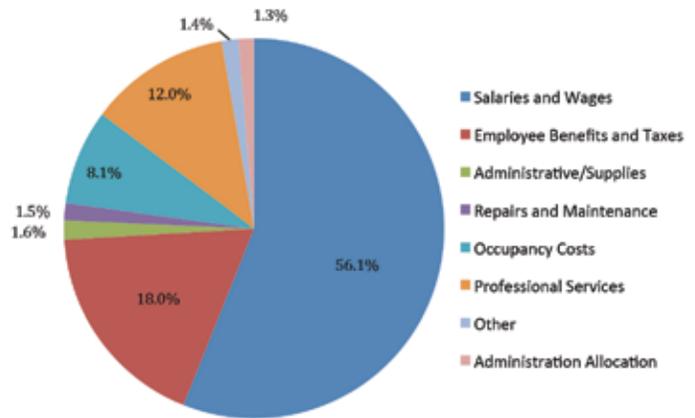
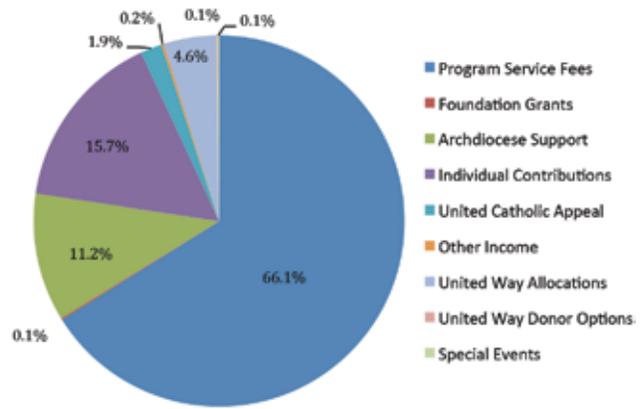
Revenue

Program Service Fees	354,744	66.1%
Foundation Grants	737	0.1%
Archdiocese Support	59,709	11.2%
Individual Contributions	84,424	15.7%
United Catholic Appeal	10,103	1.9%
Other Income	1,150	0.2%
United Way Allocations	24,550	4.6%
United Way Donor Options	648	0.1%
Special Events	675	0.1%
Total Revenues	536,739	

Expenses

Salaries and Wages	318,744	56.1%
Employee Benefits and Taxes	102,256	18.0%
Administrative/Supplies	9,224	1.6%
Repairs and Maintenance	8,154	1.5%
Occupancy Costs	46,217	8.1%
Professional Services	68,131	12.0%
Other	8,117	1.4%
Administration Allocation	7,557	1.3%
Total Expenses	568,401	

Net Loss (31,662)



Becky's Place Shelter Services

Operating Funds Only • Fiscal Year Ended 6/30/17

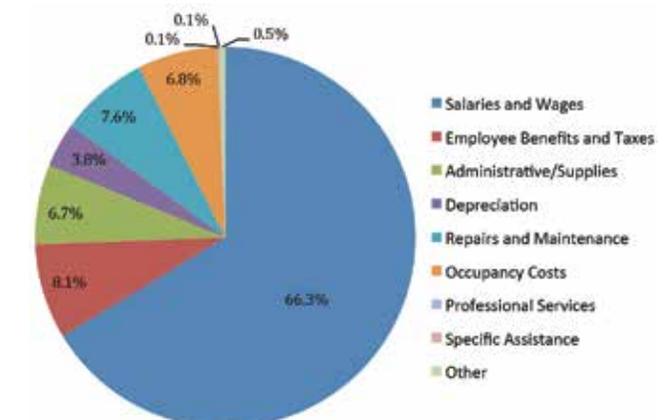
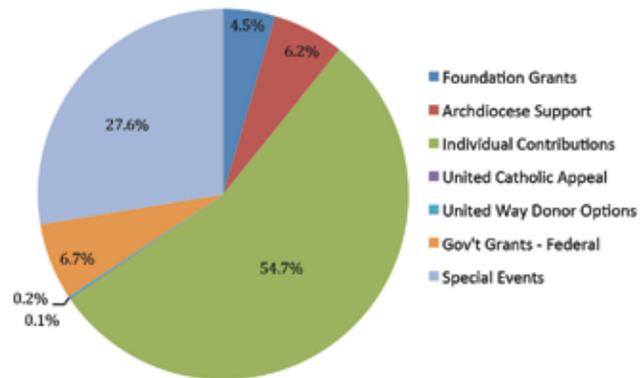
Revenue

Foundation Grants	8,843	4.5%
Archdiocese Support	12,115	6.2%
Individual Contributions	106,464	54.7%
United Catholic Appeal	144	0.1%
United Way Donor Options	353	0.2%
Gov't Grants - Federal	13,007	6.7%
Special Events	53,749	27.6%
Total Revenues	194,674	

Expenses

Salaries and Wages	165,806	66.3%
Employee Benefits and Taxes	20,249	8.1%
Administrative/Supplies	16,833	6.7%
Depreciation	9,520	3.8%
Repairs and Maintenance	18,891	7.6%
Occupancy Costs	17,059	6.8%
Professional Services	208	0.1%
Specific Assistance	278	0.1%
Other	1,147	0.5%
Total Expenses	249,990	

Net Loss (55,316)



Catholic Charities
Providing Help. Creating Hope. Serving All.

Catholic Charities

803 N. Monroe Street • Bloomington, IN 47404

ccbin.org

**BECKY'S
PLACE**

Providing Shelter, Creating Hope

Becky's Place

1108 5th Street • Bedford, IN 47421

BeckysPlaceBedford.org

Non Profit Org.
U.S. Postage

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Indianapolis, IN
Permit # 3096



Community Partner



Working to Reduce Poverty in America.



ARCHDIOCESE OF INDIANAPOLIS

The Church in Central and Southern Indiana

Grants

Becky's Place received a grant from Hoosier Uplands for \$7,500 for the Becky's Place Store and an Emergency Solutions Federal Grant for \$13,007 for case management. \$1,343 came in grants from several anonymous sources for a new refrigerator.

Catholic Charities received \$12,300 in tax credits through the Neighborhood Assistance Program (NAP), which encouraged \$24,600 in donor gifts to the agency to help with operational expenses.

United Way of Monroe County also awarded Catholic Charities a grant for the amount of \$26,911.21 that was used for support groups and uninsured or underinsured individuals and children.



Follow us on Facebook to keep up with event dates!

