

### LETTER FROM OUR CEO

*"The journey of a thousand miles begins with one step"*

-Lao Tzu

Dear Friends,

When reflecting on SamaraCare's accomplishments during the past fiscal year, the empowering words of Chinese philosopher, Lao Tzu convey a simple but meaningful truth about what many of our clients discover in treatment. For those struggling with mental health issues, the courageous journey towards hope and encouragement begins by reaching out for help. Their challenge is to become aware of what needs to change in themselves and in their lives. It involves doing what's necessary to move forward towards growth, learning from the past and then leaving it behind.

For 48 years, SamaraCare has been there to help thousands of clients take the first step on their journey towards improved mental health. We have also taken steps to better position our organization for the future. Last year we honored our mission by:

- Providing mental health counseling services to nearly 1,600 clients of all ages
- Continuing to offer affordable access to mental health services through our Mental Health Access Program
- Giving reduced fees to 352 under-resourced clients, 70% of whom were from low income households
- Maintaining client satisfaction levels in the 90th percentile
- Providing consulting services in leadership development, strategic planning and conflict management to 10 local congregations
- Completing phase 2 of our capital campaign to expand/remodel the Naperville center to meet the increasing needs of the child/adolescent and senior populations
- Merging (July 2019) with Winnetka-based Samaritan Counseling Center, creating a regional organization dedicated to offering affordable spiritually-integrated care

We believe you will be pleased with what SamaraCare achieved this year and our impact in the communities we serve. Thank you for partnering with us as we remain committed to providing affordable, high quality mental health care to those taking steps towards change, restoration and growth.

With gratitude,



Rev. Dr. Scott Mitchell, PsyD.  
President & CEO



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### OUR MISSION

SamaraCare helps people achieve their greatest potential by being compassionate and spirit-led counselors, consultants and advocates.

### OUR GOALS

1. To provide access to mental health counseling for those individuals and families that have financial limitations to afford care, and
2. To raise the quality of our client's lives and help them to reach balance, wellness and increased self-sufficiency by enhancing their ability to cope with life's stressors.

## MENTAL HEALTH ACCESS PROGRAM

As a mission driven organization, our primary objective is ensuring that anyone who needs mental health counseling is able to get it, regardless of their ability to pay. The Mental Health Access Program (MHAP) was established to ensure access to quality and affordable mental health counseling services for anyone who needs them. The program offers fee discounts on a sliding scale pay basis to qualifying clients who are experiencing financial difficulties or have limited financial resources.

Total qualifying clients served:  
**414**

Total fee subsidies provided:  
**\$487,339**

Fee subsidy per client:  
**\$1,177 = 7.2**  
clinical visits  
at no charge

Economic status of MHAP clients:  
**71% fell below**  
**80% of Median**  
**Family Income**

The program is largely supported by the generosity of the community, including individual donations, public and private grant sources and revenue from special events.

A Special Thank You  
To All Our Donors  
Who Help Make  
Wishes Come True.

## COMMUNITY IMPACT SUMMARY

### SamaraCare Counseling

#### Outcomes

- Total clinical hours delivered: 13,992
- Total participating clients served: 1,596
- Total households served: 1,155
- Total Loaves & Fishes clients served: 62
- Total Bridge Communities clients served: 39
- Total online mental health screenings: Visits: 536; Completions: 290
- % of households qualifying for MHAP: 30.5%

#### Achievements

SamaraCare measures the impact of its mental health counseling services through client progress indicators. Results were as follows:

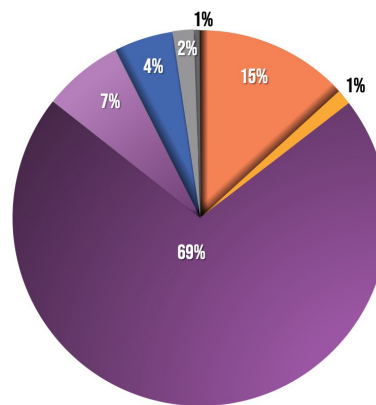
- 85% of clients, completing 10 or more counseling sessions, increased their Global Assessment of Functioning (GAF) Score
- 93% of clients agreed that they were able to accomplish what they set out to do.
- 94% of clients agreed that they can better handle conflict and stress.
- 95% of clients agreed that their counselor's interventions and interactions were helpful.

### SamaraCare Consulting

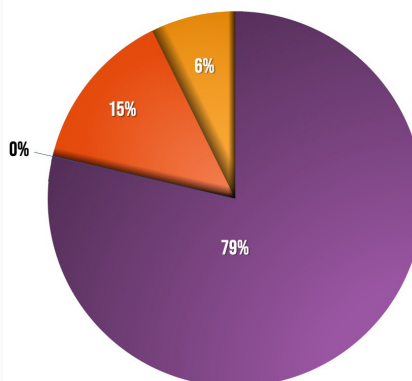
#### Outcomes

- 90 African Methodist Episcopal clergy participated in leadership coach training.
- 10 congregations participated in conflict mediation, strategic planning, leadership development, staff training and organizational assessment.

## FINANCIAL SUMMARY



Support & Revenue	FY 2019 (\$)
Contributions - Counseling	290,390
Contributions - Consulting	25,000
Counseling Fees	1,342,885
Consulting Fees	142,788
Capital Campaign	70,271
Special Events	45,518
In-Kind Revenue	28,890
Net Loss on disposal of fixed assets	(216)
<b>Total Support and Revenue</b>	<b>1,945,526</b>



Expenses	FY 2019 (\$)
Program Services	1,543,442
Rental Operations	4,289
Management & General	279,882
Fundraising	122,548
<b>Total expenses</b>	<b>1,950,161</b>
<b>Change in Net Assets</b>	<b>(4,635)</b>