

ANNUAL REPORT 2022

COMPASS
COMMUNITY
COUNSELING



FROM THE DIRECTOR

2022 was a remarkable year for CompassCC. When we launched our organization only two brief years ago, we believed there was a need for gospel-centered mental health care in our region. This past year has only reinforced that belief, and further energized our desire to carry forward the mission of providing affordable, gospel-centered, quality mental health care to the Metro East.

In our second year of operation, our session counts nearly doubled from the prior year. We operated with an extensive waitlist for the majority of the year even though we had not invested in marketing other than a web page, and a handful of social media posts. Individuals and families in need were seeking quality care that they could afford, and from therapists who shared their faith. Our team which began with only three counselors in 2021, has grown to an amazing team of nine, with plans to add two more student interns in 2023. Amidst the significant demand, was a need to make counseling financially accessible. Thanks to our generous supporters, we were able to provide scholarships and discounts for nearly \$40,000 worth of counseling. We are also incredibly thankful for the support of Trailhead Church sharing office space rent-free and providing funds to cover administrative salary.

Our partnerships within the region increased in 2022, as other local churches graciously offered to contribute to our mission. Pathway Church (Troy) hosted a trivia night in the spring that raised over \$3,600 for our scholarship fund. Our geographic reach expanded as well, as Pathway Church (Troy), August Gate (Belleville), First Baptist (O'Fallon), and LeClaire Christian Church (Edwardsville) all provided fully-furnished counseling spaces in their buildings. We also brought in \$1,425 from our GivingTuesday campaign on social media, all of which came from donors in our community.

As we reflect on this past year, we are truly grateful for all of our supporters, and those that have entrusted us to care for their mental health needs. We look forward to what God might have in store for us in 2023!



Dan Free LCPC

EXECUTIVE DIRECTOR / PRESIDENT

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OUR MISSION STATEMENT

Providing affordable, gospel-centered, quality mental health care to the Metro East

WHO WE ARE

Compass Community Counseling is a 501(c)(3) not-for-profit organization founded by Trailhead Church in January 2021. We exist for the purpose of providing affordable, gospel-centered, quality mental health care to the St. Louis Metro East region. We are a Christian organization seeking to demonstrate the love of Christ through mental health care services.

One of our six core values is that we provide affordable services. Counseling shouldn't be reserved only for those that can afford the standard market fees, or for those with health insurance. We set out to have a model that keeps our overhead low, allows us to reduce counseling fees, and still honors our counselors with fair compensation.

Our hope is to also be a trusted resource for the local church, where pastors can know their people are receiving quality mental health care services governed by a biblical lens. All of our therapists are able to incorporate a Christian faith and worldview into counseling. However, this isn't forced or required. Clients may choose not to discuss faith in counseling. Our therapists will be professional and respectful of client wishes regarding spiritual conversations.

Our Services



Counseling

Provided by licensed professionals for individuals, couples, and families.



Telehealth

Our therapists are able to offer a convenient, secure video conferencing option.



Support Groups

Structured, small-group setting facilitated by one of our therapists.



Music Therapy

Evidence-based music interventions to promote wellness for individuals of all ages.

OUR VALUES



THE GOSPEL - We believe that the gospel is the good news of what God has accomplished for sinners through the life, death, and resurrection of his Son, our savior, Jesus Christ.



DIGNITY - We believe that all people of all races and gender are created equally in God's image and are equal in dignity and importance. All people have equal access to God through faith in Jesus Christ. We also believe that everyone should have access to quality mental health care services.



RELATIONSHIP - We believe God created us for interpersonal relationships. Building strong, meaningful relationships are a basic need for all of us. We value building relationships amongst our team, within our community, and by helping our clients do the same.



COMMUNITY - Part of our mission is to contribute to wellness within the community through training, support groups, and consultations to churches and organizations.



AFFORDABILITY - We are a not-for-profit, 501(c)(3) organization. We seek to affirm the dignity of those with financial need by offering affordable counseling. We offer discounted fees/scholarships for services, to those in need.



QUALITY - We promote continued education for our clinicians so our clients can feel safe knowing their therapist is always growing in their skills.

OUR TEAM

CompassCC strives to create a culture that fosters the personal wellbeing of our counselors, where team members can feel supported, encouraged, and challenged to grow both spiritually and professionally. We also partner with universities to develop new counselors and fill a void for quality, gospel-centered counselors in the Metro East. (E.g. internships and professional supervision)



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CAMBRIDGE**

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FUNKHOUSER**

MA

Counseling
Resident



**MELIA
ADAMS**

MT-BC

Music Therapist



**KATIE
DEAKOS**

Practicum
Student



**JENNIFER
PAYNE**

Practicum
Student



BY THE NUMBERS

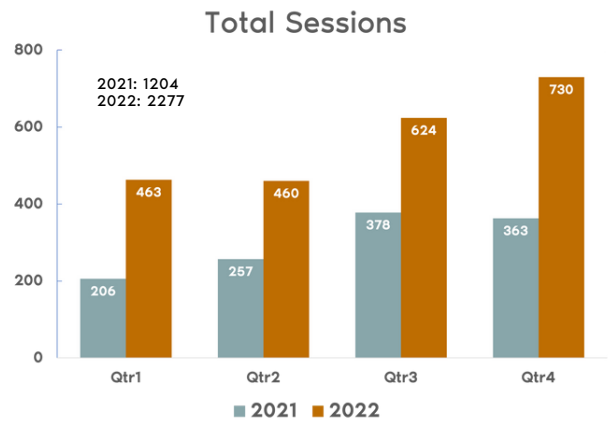
The number of sessions skyrocketed in 2022, and we operated with a client waitlist for a majority of the year. It has been incredibly evident that there is a need for quality Christian counseling in the Metro East region. Thanks in part to the generosity of our donors, we were able to significantly reduce fees for counseling. We also produced a net income this year, which will be invested in our plans for 2023 (see page 7).

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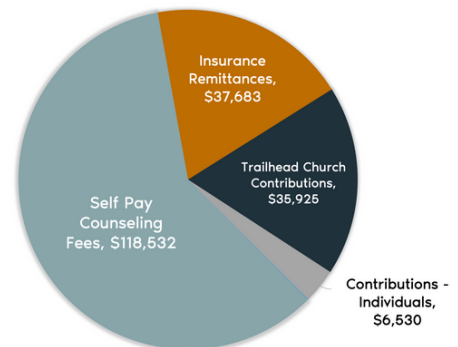
Clients served

\$39,865

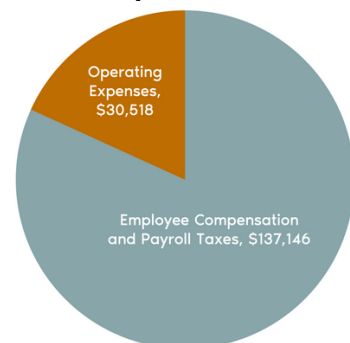
In reduced fees and scholarships



Income



Expenses



CLIENT REVIEWS

In a brief survey distributed to clients served in 2022, we received 36 responses. Clients were asked to evaluate the following categories on a scale of 1-10.

THE CONNECTION WITH
YOUR THERAPIST

9.9

YOUR THERAPIST'S
APPROACH OR METHOD

9.7

WAS COUNSELING
BENEFICIAL FOR YOU?

9.0

OVERALL EXPERIENCE
WITH YOUR THERAPIST

9.7

HOW LIKELY ARE YOU TO
RECOMMEND COMPASSCC
AND/OR YOUR COUNSELOR TO
SOMEONE?

9.9

IN THEIR WORDS...

IT'S BEEN SO BENEFICIAL. ONE OF THE BEST THINGS I'VE DONE THIS YEAR IS GET INTO COUNSELING.

GREAT FACILITY, GREAT COUNSELORS, GREAT RESOURCES. WELL WORTH THE TIME, MONEY, AND EMOTIONAL ENERGY TO WORK WITH A PROFESSIONAL.

WE'VE USED TWO OTHER COUNSELING GROUPS IN THE PAST, AND WE LOVE CCC! WE'VE HAD GREAT EXPERIENCES WITH THE COUNSELORS AND THE OVERALL VALUES AND PROFESSIONALISM OF THE TEAM. ...WE PRAISE GOD FOR YOU ALL!

THIS WAS MY FIRST TIME TO EVER SEEK COUNSELING FOR HELP WITH LIFE ISSUES. I DIDN'T KNOW WHAT TO EXPECT, BUT SO GLAD THAT I REACHED OUT FOR HELP.

THERE ISN'T ENOUGH SPACE IN THIS SURVEY FOR ME TO TELL YOU ALL THE POWERFUL WAYS COUNSELING HAS MADE A DIFFERENCE IN MY LIFE.

PLANS

As we look forward to another year of growth, a couple practical items are top priorities for our agency in the coming year.



OFFICE SPACE

With the growth of our team, and the demand for counseling continuing to increase, we have already outgrown our shared spaces at Trailhead Church. We are recognizing a need for dedicated counseling space. We hope to create a welcoming, comfortable, and professional environment for our clients, as well as a place of support and collaboration for our counselors.



FUNDRAISING

In order to respond to the increasing need for affordable mental health care, we depend upon the support and generosity of churches and individuals in our community. While Trailhead Church has been incredibly gracious to help us get on our feet, the plan is that our financial dependence upon Trailhead would transition to contributions from our community, and greater financial self-sufficiency. We are also praying for generous donors to help us obtain our new home and base of operations.

INVITATION

If you would like to support our mission, there are a few ways that you or your church can get involved.

1

Donate - visit CompassCC.org and click the Donate button, or scan the adjacent QR Code.



2

Help spread the word about who we are and what we're doing by liking us on social media and sharing our posts.



@COMPASS618

3

Pray! We appreciate your prayers for our clients, our counselors, our finances, and our ability to fulfill our mission.



For More Info:

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