

FY
20

COUNCIL FOR
Relationships
Annual Report



4025 Chestnut Street, First Floor
Philadelphia, PA 19104
www.councilforrelationships.org

Dear Supporters:

2020 will certainly be a year to remember for all institutions and all of us individually.

Last November – in the first half of Fiscal Year 2020 – as we celebrated Steve Treat's retirement so enthusiastically, we could not foresee what was to come in the spring.

When the pandemic hit in mid-March, Council for Relationships therapists and psychiatrists migrated from holding almost every session in person to seeing all clients online. Fortunately, we had developed Online Therapy services in 2018. Our interns – from the Master's Program offered in partnership with Thomas Jefferson University and our Post Graduate Certificate Programs – also moved to seeing clients virtually, in addition to attending classes online.

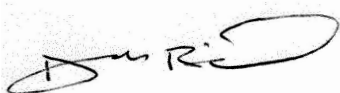
With the significant change, Council experienced a decrease in our overall clients served, with about 5,400 clients in FY2020. However, we experienced an increase in the number of therapy sessions provided compared to FY2019, with a total of 39,500. Clearly the need for high-quality therapy is great.

We have been pleased to undertake efforts to provide care to more people in this very challenging time. Council launched the *Council Cares for the Community Fund* with two components: *The Those Who Care for the Community Initiative* and *Low-Fee Therapy Services Expansion*. We appreciate the opportunity to offer free or low-fee therapy services to so many people who have been disproportionately affected by COVID-19.

The calls for racial justice amid the senseless loss of so many Black lives – including George Floyd's – have prompted us to carefully examine the cultural humility of all we do. Having formed an internal working group and planned professional development workshops addressing racial trauma, we are starting the Racial Equity in Therapy initiative to ensure that we are providing high-quality therapy appropriately, particularly to people of color, who have endured systemic racism for centuries.

Council's other work has carried on throughout FY2020. Veterans and their family members attended therapy sessions through Operation Home and Healing. Women's Psychological Health Services has provided care uninterrupted. The Transcending Trauma Project's quest to apply its valuable lessons learned to other communities continues.

We thank all of you for your support in providing high-quality therapy to all in need in our region – something needed now more than ever,



Dave Bricker
Board Chair



Deb D'Arcangelo
CEO

In FY2020 we had the opportunity to thank two people who have contributed to Council's future sustainability in their own way:

Patti Owens finished three years as Board Chair, as well as six years on the Board, on June 30th. She has been an amazing leader for Council and it is wonderful to have her as our Immediate Past Board Chair.



Steve Treat has retired after a 37-year career at Council having served as a staff therapist, trainer, and CEO. Steve's dedication, compassion, and leadership helped Council grow and provide the breadth of services it does today. As we said at the November 9th celebration, we cannot thank him enough for all he's done to help us provide care to so many people.



COUNSELING

Our therapists, psychiatrists, and supervised interns provide individual, couple, family, and group therapy to more than 5,000 people each year at Council's 10 offices, 15 partner locations, and via online therapy.

EDUCATION

We train the next generation of clinicians through our Post Graduate Certificate Programs in Marriage and Family Therapy, Congregational and Family Systems, and Sex Therapy; the Couple and Family Therapy Master's Degree Program in partnership with Thomas Jefferson University; and our continuing education workshops for behavioral health professionals.

RESEARCH

Part of our mission is to advance the behavioral health field through research. The Transcending Trauma Project, Community Partnerships Initiative, and Operation Home and Healing incorporate research that advances the behavioral health field in the areas of trauma treatment, working with marginalized communities, and understanding of military culture.

2020 HIGHLIGHTS



Online Therapy Program

COVID-19 changed our lives, but Council was uniquely positioned to rise to the occasion and help others in their time of need. Council had already implemented online therapy prior to the pandemic, so we were able to seamlessly provide services to our clients when online became the only option.



Those Who Care for the Community Initiative

Council quickly pivoted during the pandemic. In April we launched the *Those Who Care for the Community Initiative* to provide free and low-fee counseling to healthcare providers and other essential workers responding to the COVID-19 outbreak in Pennsylvania and New Jersey.



Expansion of Low-Fee Therapy Services

Council has expanded its *Low-Fee Therapy Services Program* in response to an increase in requests since the onset of the COVID-19 crisis. While many have felt an increase in stress and anxiety because of the pandemic, they may not have many resources to pay for services. While these therapy services are provided on a sliding scale by closely supervised interns, the program has been expanded during the pandemic to include staff therapists in the provision of services.



Steve Treat Tribute Dinner

On November 9, 2019, Steve Treat was honored at an event which paid tribute to his remarkable career, and where he received the Dr. Emily Hartshorne Mudd Award. Almost 375 guests gathered to celebrate Steve and hear tributes from Council Leadership as well as Steve's family, friends, and colleagues. The event raised more than \$550,000 for Council's work with underserved communities.

WORK WITH UNDERSERVED COMMUNITIES

Council Cares for the Community. This phrase is in our DNA. In addition to our *Low-Fee Therapy Services Program*, our work with underserved communities includes the following programs, which helped more than 1,400 people in Fiscal Year 2020.



Community Partnerships Initiative

Council provides free counseling services through on-site partnerships with 15 organizations that serve individuals and families experiencing homelessness, children living in economically challenged neighborhoods, and immigrants and refugees. During the pandemic we have transitioned to serving partners remotely as possible.



Operation Home & Healing

Operation Home and Healing (OHH) provides counseling by specially trained therapists for Veterans, active service members, and their families. Military cultural competency training is also offered to behavioral healthcare providers at Council and in the region, so that even more Veterans, active service members, and their loved ones will benefit from therapy that is most effective for them. OHH is the Philadelphia-based organizational partner of the nationally renowned Headstrong program.



Transcending Trauma Project

Established in 1991, the Transcending Trauma Project (TTP) examines the effects of trauma on three generations of Holocaust survivor families. TTP's insights into systemic transference of trauma are more essential now than ever. Methods developed to help families build resilience have potentially enormous impact for other populations including, but not limited to: economically disadvantaged and other underserved communities; refugees, immigrants, and other displaced populations; families caught in an intergenerational cycle of poverty; individuals who have experienced incarceration and their family members; and individuals coping with the economic, emotional, and psychological impacts related to the COVID-19 pandemic.



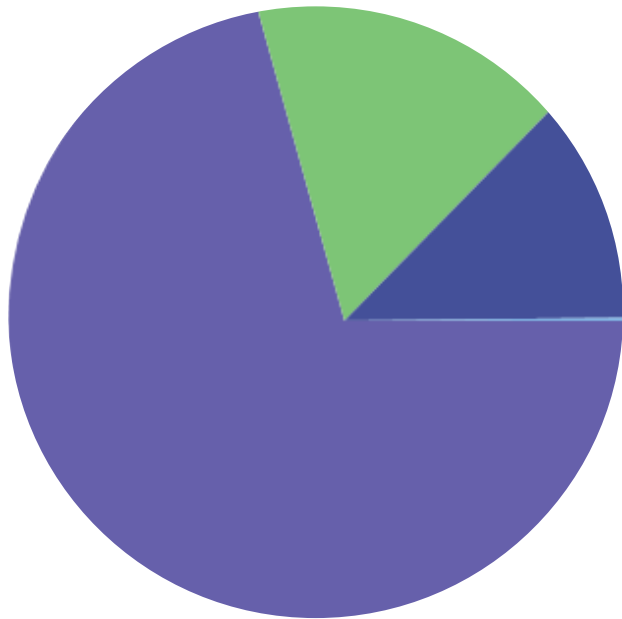
Racial Equity in Therapy

Council is committed to ensuring that cultural humility is at the core of the services we provide and that we foster an environment of diversity, equity, and inclusion. We believe that addressing mental health issues can help create a more just society. To that end, we are offering professional development workshops addressing racial trauma and the effects of systemic racism through therapy, as well as launching a pilot project to increase equity in the provision of therapy to and by people of color.

FINANCIALS

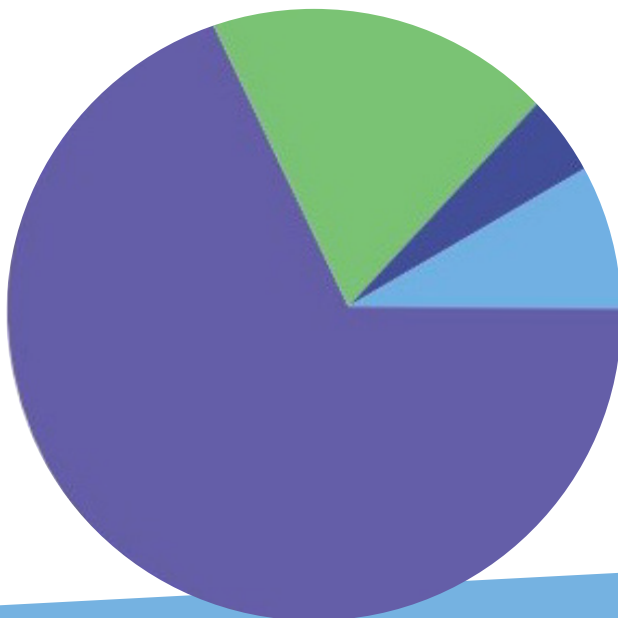
Fiscal Year 2020

July 1, 2019 - June 30, 2020



REVENUE

■ Clinical	\$4,135,000
■ Education and Training	\$910,000
■ Contributions	\$783,000
■ Other Income	\$9,000
<hr/>	
Total Revenue	\$5,837,000



EXPENSES

■ Clinical	\$3,932,000
■ Education and Training	\$1,054,000
■ Fundraising and Marketing	\$352,000
■ Management and General	\$443,000
<hr/>	
Total Expenses	\$5,781,000

Our Work in FY2020

Quality therapy services for all,
regardless of ability to pay.



LOW AND NO FEE THERAPY

1,400

More than 1,400
clients received low
or no fee services

673

Free therapy sessions
on-site at 15 partner
organizations

1/4

clients received low or no
fee therapy services



OPERATION HOME AND HEALING

231

Veterans, active military
members, and their
families received services

5,361

total clients served

39,451

hours of counseling

ON-SITE COMMUNITY PARTNERS

Acts Christian Transitional
Services

Boys' Latin Charter School

Concilio

Eliza Shirley House

HELP Philadelphia

HMS School for Children
with Cerebral Palsy

Homefront Family
Services

Mastery Charter School

Mothers' Home

Nationalities Service Center

People's Emergency Center

Philadelphia Interfaith
Hospitality Network

Project HOME

Red Cross House

Southwark School

OTHER PARTNERS

Focus on Fathers/ Health
Promotion Council

Supervision To Aid
Re-Entry

Our Supporters in FY2020

We are grateful for the support of the following donors:

ORGANIZATIONS

Amazon Smile Foundation	The Middleton Counseling Center at Bryn Mawr
Ardmore Rotary Foundation	Presbyterian Church
Austelle Foundation	Arthur and Gail Morgenstern Family Foundation
Boys' Latin of Philadelphia	Network for Good
Bryn Mawr Rotary Club	Paul L. Newman Foundation
Bryn Mawr Trust	Newmark Knight Frank
Christ Church Philadelphia	Optima, Inc.
Consortium, Inc.	Pennsylvania Trust
Hilda and Preston Davis Foundation	PhIRST
Dilworth Paxson LLP	The Philadelphia Foundation
The Eustace Foundation	PHL COVID-19 Fund
First Systems and Resources, Inc.	Putnam Foundation
FlynnO'Hara Uniforms	Relay Network
Four Seasons Produce	Satell Family Foundation
Germantown Jewish Centre	Satell Institute
Gesu School	Virginia M. Schirrmeister Trust
The Daniel B. and Florence E. Green Foundation	Serenite
The Hankin Group	Shreiner Tree Care
JP Morgan Chase Foundation	The Snider Foundation
The Department of Psychiatry and Human Behavior, Sidney Kimmel Medical College, Thomas Jefferson University	SpeakUp!
Lasko Family Foundation	Spring Point Partners LLC
McCausland Foundation	S.T.A.R. Sexual Trauma & Recovery
Microsoft Matching Gifts	Superior Family Office
	Rotary Club of the Upper Main Line
	Verizon Foundation
	The Wharton School

INDIVIDUALS

Francis and Frances Abbott	Ray and Lauren Baran	Joanna Berwind
Enid H. Adler, Esq.	Hilary Barrett and Robert Sparrow	Margaret Billian
William and Marion Alexander	Kimberly Bartlett	John and Ann Bland
Amy Alfred	Lloyd Bashkin	Jil and Bart Blatstein
Nancy Ameen and Toby Hoden	Alice and Will Bast	Sarah Block
Anonymous (2)	Marilyn Baurle	Philip Blumenkrantz
James Ask	James and Carol Beers	Ed Blumstein and Susan Perloff
Harrison Atkinson	David Behrend	Reid and Jan Blynn
Eileen Baird	Jonathan Bell	Alyse Bodine
Sherry Baker	Chuck and Martie Bernicker	Christine Bowen
Betsy and Tom Balderston	Jessica Berwind	Mary Brennan

FY2020 Supporters

INDIVIDUALS *continued*

Ira Brenner, MD
Graham Brent and Karen Miller
Dave Bricker
Ira Brind and Stacey Spector
Clint and Cici Brooks
Rev. David W. Brown
Dylan Brown
Elinor and James Buck
Deb and Tim Callahan
Michael and Jacquie Cardonne
Jim and Anne Carino
Mae Carlson
Drew and Katherine Christiano
Kevin and Cyrene Christine
Pat Ciarrocchi
William and Sandra Coffey
Howard Cohen and Karen Sztencel
Sean Cohn
Suzanne and Norman Cohn Family
John and Terry Colburn
Patricia Connolly
Julia and Craig Corelli
Sara Corse
Sandra and Kenneth Covelman
John and Lyn Coyne
Dr. Robert Crawford
Joe and Kelly Culley
Jonathan Cutler
Daniel and Inge Damstra
Alaina D'Arcangelo
Deb D'Arcangelo and Ed Dippold
Diane D'Arcangelo
Ephi and Lisa Dardashti
Dr. Rita DeMaria
Nancy DePaul
Geoff Dickey
Maurine Doggett and Jim Thacker
John and Joann Durham

Chelsea Eakin
Charles Ehlers
Gregg and Sandi Epstein
Anna May and Tim Feige
Bruce and Aeryn Fenton
Lisa Formica
Susann Fox
Deidre and Lyle Frederick
Kilian Fritsch
Stephen and Diane Gadomski
David Gallick
Nancy Gambescia and
Mike Chenet
James and Marianne Gannon
Phyllis and James Gannon
Jeff Gibbard and Erica Chen
Lauren Gilchrist
Steve Gill
Edward Goldberg
Bill and Julie Golderer
Janet and Joseph Goldblum
Sharna Goldseker
Susan Neumann Gordon
Julie Greenberg
Susan and Rob Gretz
Catherine Haas
David Haas
Duncan Haas
Peter Haas
Thomas W. Haas
Melissa and Jonathan Habbershon
Lee Hamilton and Tom Hartmann
Chris and Carol Hanson
Dorothy Hanrahan
John Hanrahan
Doreen Hardy
Elizabeth Harris
Shelley and Steven Harris

Jane Hart
Timothy Hayes
Robert Heasley
Jeff and Karen Heft
Gary and Connie Hegemier
Suzie and Tim Hegemier
Rod and Kerry Henkels
Dale and Sadie High
Nancy Hjelm
Rabbi Rick Goldfein and
Dr. Bea Hollander Goldfein
Jason Hollinger
Joshua and Natalie Holmes
The Hovey Family
Jaime Howard
Art and Lisa Howe
J. David and Elizabeth C. Hucker
Bruce and Cynthia Innis
Nancy Isserman and
Joel Horwitz
Karen and David Ix
M Toquaiah Jackson
Malcolm Jacobson
Mercedes Jacobson and
Eric Greenblatt
Drs. George and Candace James
Andy Johnson and
Wendy Axelrod
Tac Justi
Ruthy Kaiser
Arlan Kardon
Steven Kempf and Patti Noble
The Kessler Family
Kate Kimbel
Arthur Kiron
Chase Kneeland
Lisa Koblin
Paul and Mary Lanken

FY2020 Supporters

INDIVIDUALS *continued*

Janet and Bill Lasko
Jay and Deb Levitt
Julie and Jerry Levitt
Anna Lignell
Carol and Michael Lilley
George Lilley
Jay and Margaret Lippincott
Claire Lomax
Andrea Lopez
Dorothy Mandelbaum
Marjorie Margolies
Michele Marsh
The Mazzarelli Family
Tom and Ann McBride
Mike McGrann
Laura and Marc McKenna
Henry McNeil
Patricia Meyers
Sue and Walt Milbourne
Karin and Jonathan Miller
Kerstin Miller
Ellen Mishel
April Moosbrugger
Timothy Moses
Marlene and Mark Moster
Susan R. Moul
Charles Muorah
Stanley Muravchick and Arlene Olson
Allison Murray and
Timothy Habbershon
Robert Mygatt
Judith Neilson
Mary Nixon
Sharyl and Robert Overhiser
Patti Owens and Jeff Saltz
Kathleen Papa
Nathaniel Parks
Robert L. Perkel, MD
Nina Peskin
Colleen Philbin

Alexandra Pinz
David and Alecia Pittinsky
Samantha Porter
Frederick Putnam
Jim and Judy Putnam
Louisa Putnam
Rosamund Delori Putnam
Thomas Putnam
David and Lucy Raizman
Ross Rieder
Shelby and Thomas Riley
Shirley K. Robinson
John and Theresa Rollins
Sarah Roth
Stephen and Peggy Roth
Jeremy and Sarah Rotter
Karen and Jim Rowley
John Salveson
Ann Satterthwaite
Dorothy Scamagas
Karyn L. Scher, PhD
Esther Schlessinger-Mita
Rhonda E. Schnur, MD
Stefanie Seltzer
Margaret Shapiro
Iris and Gregory Shea
Bruce Shelly
Penny and Mitchell Shore
Priscilla and Jeffrey Singleton
Lindsay and Kate Smith
Paula Smith-Benson
Arthur RG Solmssen, Jr. and
Julia Smith
Miriam Solomon
Thomas Spann
Emma Steiner
and Joe Leonard
William Stewart
Elizabeth Stone
Maureen Stridick

Henry Stursberg
Tracey Tannenbaum
Eric Tankel
Dr. Stephen Treat
The Treat Family
Peter Trent
Beulah Trey and Steve Masters
Mark and Judith Tykocinski
Gary and Nancy Veloric
Michael Veloric and
Cindy Haveson Veloric
Michael and Andrea Voehringer
Warren and Nancy Voter
Rebecca Wall
Geoffrey Walsh
Rick and Kathy Warden
Lee and Bill Warden
Rabbi Phil Warmflash
Lana A. Watkins
Laurence and Harriet Weiss
Lucy and Mike Weiss
Sol Weiss
April Westfall
Annie Westphal
Jake Westphal
Jenifer and Jeff Westphal
Kyle Westphal
Randolph and Nancy Williams
Tracy Wood
Nancy R. Woods
Peter C. Wool
William and Kelly Yoh
Jacqueline and David Zavitz
Anthony and Tonya Zweier

Executive Staff

Deb D’Arcangelo

Chief Executive Officer

Howard Cohen

Chief Financial Officer

Sara J. Corse, PhD

Director of Community Partnerships Initiative

Rita DeMaria, PhD, LMFT, CST

Director, Healthy Relationships and Wellness Programs

Bea Hollander-Goldfein, PhD, LMFT

Director of Transcending Trauma Project

Nancy Isserman, PhD, MSW

Director of Operation Home and Healing

George James, PsyD, LMFT

Chief Innovation Officer

Gloria Pugliese, MBA, CAP, CFRE

Director of Advancement

Priscilla Singleton, LCSW, LMFT

Director of Clinical Standards

Michele Southworth, JD, LMFT

Director, Post Graduate Certificate Program

Emma Steiner, MSW, LCSW, MFT

Director of Clinical Services

Jane Summers, MD

Director, Women’s Psychological Health Services

Rebecca Wall

Director of Administration

Erica Wilkins, PhD, LMFT

Program Director, Couple and Family Therapy Master’s Degree Program at Thomas Jefferson University

Board of Directors

(Active 7/1/19 - 6/30/20)

Patti Owens

Chair

Jim Carino

Vice Chair

Dave Bricker

Treasurer

Jackie Zavitz

Secretary

James Ask

Edward Blumstein

Graham Brent

Rev. David W. Brown

Jeff Gibbard

Karen Ix, LMFT

Steven Kempf

Lisa Koblin

Stanley Muravchick, MD

Robert Perkel, MD

Samantha Porter

Paula Smith-Benson

Judy Tykocinski

Michael Veloric

Lana A. Watkins

Tonya Zweier



COUNCIL FOR *Relationships*

LOCATIONS

Blue Bell, PA

790 Penllyn Blue Bell Pike

Paoli, PA

219 W. Lancaster Avenue

Bryn Mawr, PA

625 Montgomery Avenue

Philadelphia, PA – Center City

1800 JFK Boulevard

Exton, PA

317 Exton Commons

Philadelphia, PA – University City

4025 Chestnut Street

Lawrenceville, NJ

2688 Main Street (Route 206)

Voorhees, NJ

1000 White Horse Road

Oxford Valley, PA

1 Oxford Valley Road

Wynnewood, PA

300 East Lancaster Avenue

info@councilforrelationships.org

(215) 382-6680

www.councilforrelationships.org

