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.
F I N A N C I A L S
Fiscal Year 2020
July 1, 2019 - June 30, 2020

R E V E N U E

- Clinical: $4,135,000
- Education and Training: $910,000
- Contributions: $783,000
- Other Income: $9,000

Total Revenue: $5,837,000

E X P E N S E S

- Clinical: $3,932,000
- Education and Training: $1,054,000
- Fundraising and Marketing: $352,000
- Management and General: $443,000

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 clients received low or no fee services

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

**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

5,361 total clients served

39,451 hours of counseling
Our Supporters in FY2020

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