Dear Supporters:

2018 was a wonderful year for Council for Relationships! We made great strides meeting our mission of helping people from all walks of life improve the quality of their important relationships by providing exemplary therapy, educating and training clinicians in the family systems approach, and advancing the behavioral health field through research.

Our therapy services grew during 2018 in a variety of ways. There was a 4% increase in the number of therapy sessions provided to our 5,416 clients, a third of whom receive services at low- or no fee. We also grew in terms of the therapy-related services we offer, launching both Women’s Psychological Health Services and Online Therapy.

In 2018, more mental health providers in the region participated in CFR’s continuing education workshops than ever before, with topics ranging from The Family Brain to How to Help Men Express Emotions. These professional development workshops, along with the 25th Treating Couples Conference, complemented CFR’s banner education programs: the Master’s in Couple and Family Therapy (provided in partnership with Thomas Jefferson University) and the Post-Graduate and Sex Therapy Certificate programs.

In March, CFR’s signature research effort – the Transcending Trauma Project – held a 60-person, enthusiastically-received Future Direction meeting. The outcomes of this gathering inspired strategic planning that will help determine how different populations can benefit from TTP’s findings.

While FY2018 was a year of growth for CFR programmatically, it was a year of thanking some and welcoming others on the CFR Board. We thank Santiago Pujadas and Lynn Zubernis who finished many years as Board members, with Nancy Ameen retiring as Secretary as well. And, of course, we honored Reid Blynn with the Emily Hartshorne Mudd Award in May to thank him for his service as Board Chair. We are very pleased to welcome new Board members James Ask, David Brown, Jeff Gibbard, Marla Green, Robert Perkel, and Steven Kempf.

Thank you, supporters, for all you have done to strengthen CFR in the past year and all you continue to do to enable us to help more people in the Philadelphia area – and beyond – lead healthier, more productive lives.

Patti Owens  
Board Chair

Deb D’Arcangelo  
CEO
Several research projects, including the Transcending Trauma Project and our Community Partnerships Initiative, explore how we can better provide therapy services to all.

Our therapists, psychiatrists, and supervised interns provide individual, couple, family, and group therapy to more than 5,000 people each year.

We train the next generation of clinicians through our Master’s and Post Graduate Programs in Couple and Family Therapy and Sex Therapy, and continuing education workshops to mental health professionals.
Women’s Psychological Health Services Founded to Help Women with Challenges Across the Lifespan

Women’s Psychological Health Services matches women to the therapy and psychiatric services they need. The program is designed to serve women experiencing psychological symptoms related to reproductive or hormonal health issues such as premenstrual syndrome, menopause, perinatal health concerns, and breast or gynecological cancers.

Professional Development Grows with Conference and Increased Continuing Education Offerings

Council for Relationships hosted the 25th Treating Couples Conference in November 2017 with Drs. Rita DeMaria, Nancy Gambescia, and Gerald Weeks. Council also offered a full calendar of continuing education workshops on a variety of topics for mental health professionals and members of the clergy.

Mudd Award Honored Long-Time Board Chair Reid Blynn
May 30, 2018 at Merion Tribute House

The Dr. Emily Hartshorne Mudd Award honors outstanding contributions towards improving family life and relationships in our region. The honoree, Reid Blynn, commented, “One of the honors of my life has been to be involved with Council for Relationships for the last 10 years.”
Transcending Trauma Project Moves Forward with Strategic Plan to Apply Research Findings

We continue to explore how the findings of the 30-year Holocaust survivor family research project will be applied to bring resilience and healing to the Philadelphia community and beyond.

Future Directions Working Group Collaborative at Thomas Jefferson University

Online Therapy Program Serves Pennsylvania Clients Facing Barriers to Mental Health Care

Online Therapy reaches clients whose mental health care needs may have previously gone unmet due to location, medical diagnosis, or accessibility issues. People across the state will now be able to work with our specialized clinical team via secure web-based video software.

Partnership with Headstrong Project to Provide Cost-Free Therapy Services to Post-9/11 Veterans

National nonprofit organization Headstrong Project has partnered with Council for Relationships as its sole clinical partner in Philadelphia to provide EMDR and other therapy services to post-9/11 veterans and veterans with a history of military sexual trauma.
FINANCIALS
Fiscal Year 2018
July 1, 2017 - June 30, 2018

REVENUE

- Clinical: $3,550,000
- Education and Training: $962,000
- Contributions: $381,000
- Other Income: $25,000

Total Revenue: $4,918,000

EXPENSES

- Clinical: $3,323,000
- Education and Training: $963,000
- Fundraising and Marketing: $209,000
- Management and General: $405,000

Total Expenses: $4,900,000
Our Work in FY2018

High quality therapy services to all, regardless of ability to pay

<table>
<thead>
<tr>
<th>Low and No Fee Therapy</th>
<th></th>
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<tbody>
<tr>
<td>1,780</td>
<td>Clients received low or no fee services</td>
</tr>
<tr>
<td>964</td>
<td>Free therapy sessions on-site at 13 partner organizations</td>
</tr>
<tr>
<td>1/3</td>
<td>clients received low or no fee therapy services</td>
</tr>
</tbody>
</table>

Operation Home and Healing

<table>
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<th>109</th>
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<tr>
<td>Veterans, active military members, and their families received services</td>
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</table>

5,416 total clients served
35,044 hours of counseling

On-Site Community Partners

- Acts Christian Transitional Services
- Boys Latin Charter School
- Eliza Shirley House
- Families Forward Philadelphia
- Freire Charter School
- HELP Philadelphia
- Homefront Family Services
- Mothers’ Home
- Nationalities Service 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
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