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COUNCIL FOR  
*Relationships*  
Annual Report



4025 Chestnut Street, First Floor  
Philadelphia, PA 19104  
[www.councilforrelationships.org](http://www.councilforrelationships.org)

**Dear Supporters:**

Thanks to our wonderful clients and partners, hard-working staff, interns, and Board of Directors, and you, our supporters, Council for Relationships enjoyed continued success in our quest to provide excellent therapy and programs in Fiscal Year 2017, our 85th year.

We accomplished a great deal in meeting our philanthropic mission over the twelve-month period, as you will see highlighted later in this report. Our headline: approximately 1,800 people received counseling for low or no fee, representing a third of CFR's 5,300 clients overall. This statistic is supplemented by the work of our education and training programs, the Community Partnerships Initiative, Operation Home and Healing, and the Transcending Trauma Project.

CFR made progress on strategic initiatives in Fiscal Year 2017, which marked the first in our three-year Strategic Plan. Accomplishments include:

- improving the experience of prospective clients by changing the process for initial inquiries;
- strengthening the partnership with Thomas Jefferson University, with whom our 10-year-old Master's program is offered;
- exploring options for partnerships and other methods to address infrastructure needs, with accounting changes pursued and implemented;
- hiring a strong development and marketing team to better get the word out about CFR's impact and raise funds to support our philanthropic efforts;
- attaining a financial surplus, representing 2.4% of the operating budget, already being reinvested to further our mission.

Fiscal Year 2017 also represents the last of about five years that Reid Blynn served as our Board Chair and Dr. Stanley Muravchick served as Board Vice Chair. With the change in fiscal years, Patricia Owens has become our new Board Chair, with Jim Carino serving as Vice Chair. We thank Reid and Stan for all of their past work for CFR and we are pleased that they both continue to serve on the Board.

Again, we thank you, our supporters, as well as the entire CFR family, for the funds, hard work, and good will that make it possible for Council for Relationships to provide high-quality care to so many people in our region now and in the years to come.

**Patricia Owens**  
Board Chair

**Deb D'Arcangelo**  
CEO

**Our mission is to help people from all walks of life improve their important relationships by providing exemplary therapy, educating and training clinicians in the family systems approach, and advancing the behavioral health field through research.**



## COUNSELING

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



## EDUCATION

We train the next generation of clinicians through our Master's and Post Graduate Programs in marriage and family therapy and sex therapy. We also provide continuing education workshops to mental health professionals.



## RESEARCH

Several research projects, including the Transcending Trauma Project and work done through our Community Partnerships Initiative, explore how we can better provide better therapy services to all.



## 2017 HIGHLIGHTS

### Community Partnerships Initiative Welcomed New Organizational Partners



The Community Partnerships Initiative increases access to counseling services for at-risk populations. Last year, our therapists provided 589 therapy sessions onsite at no cost.



### Operation Home and Healing Held Conference on Veteran's Mental Health - May 5, 2017

The conference featured leading experts in military and Veteran behavioral health. Almost 90 Veterans, military families, Veteran Serving Organizations, and mental health professionals were in attendance.

### Mudd Award Honored Dr. Bhavna Shyamalan and the M. Night Shyamalan Foundation - June 14, 2017

Friends of CFR gathered for the 2017 Mudd Award Reception at the Center for Architecture and Design.

CEO Deb D'Arcangelo, Dr. Bhavna Shyamalan, M. Night Shyamalan, and Board Chair Reid Blynn



## COMING IN 2018

### Transcending Trauma Project Explores Application of Findings to New Populations

As research efforts continue, TTP will shift focus to outreach and bringing the contributions of the project to public and professional audiences.

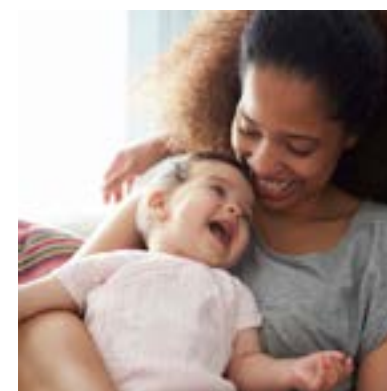
Nancy Isserman, MSW, PhD, and Bea Hollander-Goldfein, PhD, LMFT share photos with The Philadelphia Inquirer, November 2017.



### CFR to Offer Online Therapy to Increase Access

Online Therapy will allow us to reach clients whose mental health care needs may have previously gone unmet due to location, medical diagnosis, or accessibility issues.

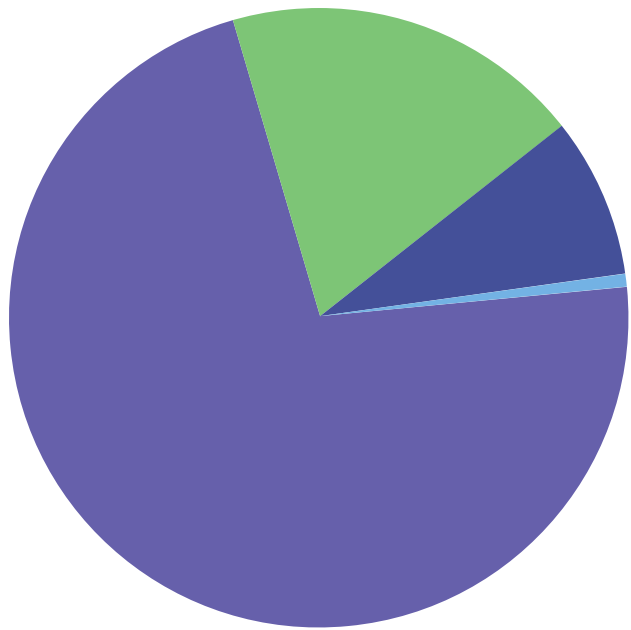
### Women's Psychological Health Services to Begin Accepting Clients



The new WPHS program matches women with the therapy and psychiatric services they need. The program is designed to serve women experiencing psychological symptoms related to reproductive or hormonal health issues across the lifetime.

Council for Relationships is committed to providing quality therapy services to all, regardless of ability to pay.

Financials

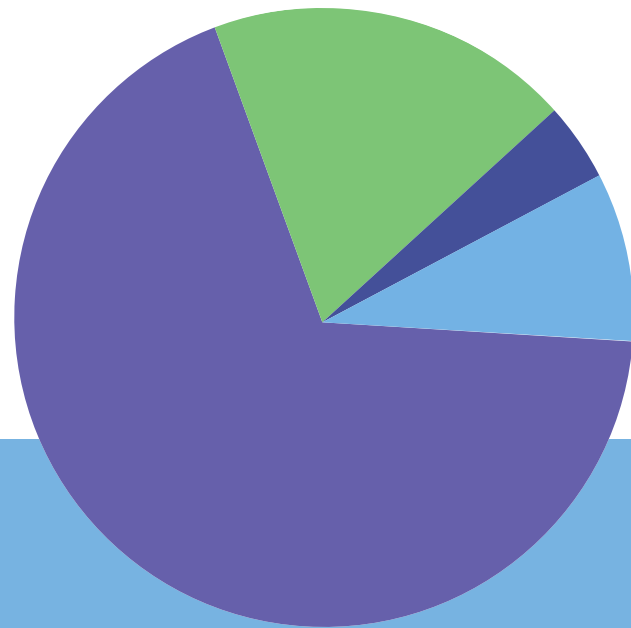


REVENUE


Clinical	\$3,435,000
Education and Training	\$904,000
Contributions	\$402,000
Other Income	\$32,000
<b>Total Revenue</b>	<b>\$4,773,000</b>

EXPENSES

Clinical	\$3,193,000
Education and Training	\$870,000
Fundraising and Marketing	\$188,000
Management and General	\$410,000
<b>Total Expenses</b>	<b>\$4,661,000</b>



SUPPORTER SPOTLIGHT

 @AMBERELLAXO is an artist and Council for Relationships client who receives low-fee counseling services. We thank Amberella for sharing her story and donating the proceeds from POWER HEARTS merchandise to support our community programs.

“As I began therapy at CFR, I began a new body of work called POWER HEARTS. These hearts have phrases of encouragement, self-love, and positivity.

My therapist helped me regain my self-worth.  
 My therapist encouraged me to keep going.  
 My therapist taught me about healthy relationships.  
 My therapist brought my shine back, brighter.”



FY17 Therapy Services

**5,313**  
clients served

**1/3**  
clients received low or no fee services

**33,707**  
hours of counseling

## Our Supporters

*We are grateful for the support of the following donors:*

### FOUNDATIONS

Amazon Smile Foundation  
Ardmore Rotary Foundation  
The Buck Family Fund  
The Charter Foundation  
D’Arcangelo and Dippold Family Fund of the  
Princeton Area Community Foundation  
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The Cooper Frederick Charitable Fund  
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Lynn Zubernis  
Tonya Zweier

## Executive Staff

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**Deb D’Arcangelo, MPP**

Chief Executive Officer

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Director of Clinical and Business  
Operations

**Sara J. Corse, PhD**

Director of Community Partnerships Initiative

**Kenneth W. Covelman, PhD**

Chair of the Department of Couple  
and Family Therapy with Thomas Jefferson  
University

**Bea Hollander-Goldfein, PhD, LMFT**

Director of Transcending Trauma Project

**Nancy Isserman, MSW, PhD**

Director of Operation Home and Healing

**George James, PsyD, LMFT**

Director, Couple and Family Therapy Program  
with Thomas Jefferson University

**Valerie Johnson, MBA, 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**

Associate Director of Clinical and  
Business Operations

**Jane Summers, MD**

Director, Women’s Psychological  
Health Services

**Becky Wall**

Director of Administration

## Board of Directors

(Active 7/1/16 - 6/30/17)

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**Edward Blumstein, Esq.**

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**Santiago Pujadas**

**Paul Starita**

**Lana A. Watkins**

**Jackie Zavitz**

**Lynn Zubernis, Ph.D.**

**Tonya Zweier**





# COUNCIL FOR *Relationships*

## LOCATIONS

### **Blue Bell, PA**

790 Penllyn Blue Bell Pike  
Blue Bell, PA 19422

### **Bryn Mawr, PA**

625 Montgomery Avenue  
Bryn Mawr, PA 19010

### **Exton, PA**

317 Exton Commons  
Exton, PA 19341

### **Lawrenceville, NJ**

2688 Main Street (Route 206)  
Lawrenceville, NJ, 08648

### **Oxford Valley, PA**

1 Oxford Valley Rd, Suite 310  
Langhorne, PA 19047

### **Paoli, PA**

171 W. Lancaster Avenue  
Paoli, PA 19301

### **Philadelphia, PA – Center City**

1800 JFK Blvd, Suite 888  
Philadelphia, PA 19103

### **Philadelphia, PA – University City**

4025 Chestnut Street  
Philadelphia, PA 19104

### **Voorhees, NJ**

1000 White Horse Road, Suite 108  
Voorhees, NJ 08043

### **Wynnewood, PA**

300 East Lancaster Avenue, Suite 211  
Wynnewood, PA 19096

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