

2023-2024 Impact Report



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Dear CFR community members,

We are excited to share with you some of our accomplishments from the last year.

Our Community Partnerships Initiative (CPI) team has doubled in size, bolstered by a grant from The Pennsylvania Commission on Crime and Delinquency grant. This grant enables us to increase our partnerships and provide care to more people who have limited access to mental health services. Clients served through our CPI program receive free therapeutic services onsite at community locations such as housing programs, schools, immigrant, and refugee services organizations. This funding helps to remove barriers to accessing care.

We improved our internal organizational structure to provide additional focus on building and growing our clinical programs and operations. Thanks to the generosity of the Sarah Ralston Foundation, added our Older Adults Program (OAP) to our slate of specialized clinical programs. OAP will provide training to our staff in order to build skills and capacity to serve these clients. We plan to connect with assisted living programs, senior centers, and geriatric practitioners of various kinds.

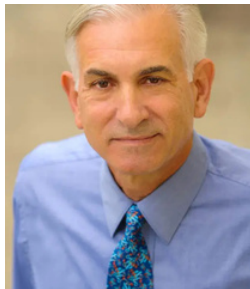
Through a grant made possible by the Hearts Foundation, our Professional Development program offered many more workshops than in previous years. CFR provided unlimited free continuing education to all our staff and student interns.

The exceptional clinicians and clinicians-in-training at CFR are the backbone of all that we do and supporting them is an investment in the wellbeing of our region. We believe that when we treat one person, or couple, or family their healing ripples through our communities, making them healthier, and helping them thrive.

Thank you for your support in this very special organization that continues to train future therapists, provide unparalleled clinical care, strengthen our communities, and strive to improve the mental health of our region. We are excited for what is to come.

Sincerely,

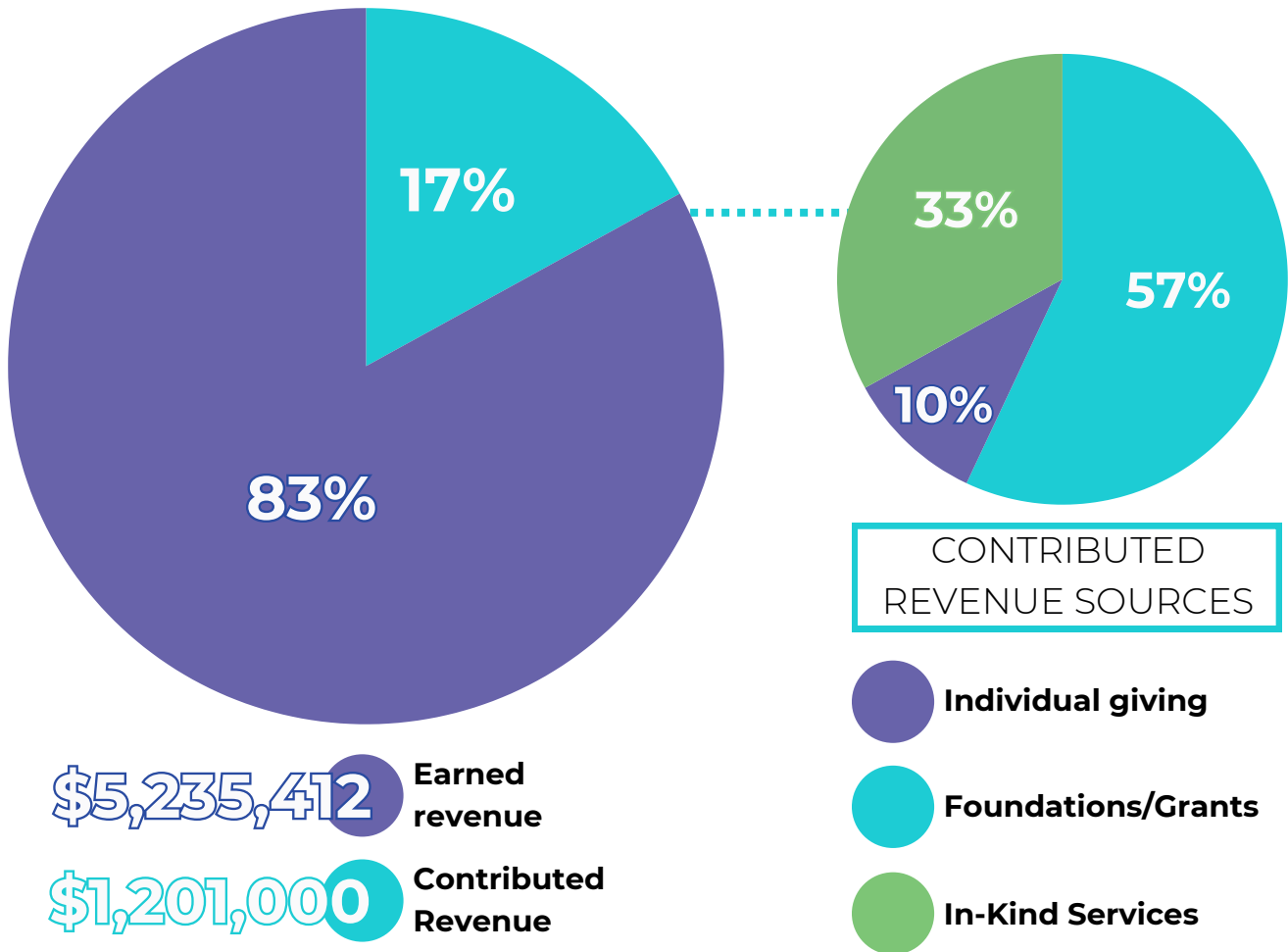
Michael Veloric
Chair, Board of Directors



Emma Steiner, MSW, MFT, LCSW
Chief Clinical Officer, Co-interim CEO



REVENUE SOURCES



83% of CFR's operating budget is comprised of **earned income** from market rate client fees for counseling services and tuition for clinical education.

17% is **contributed revenue** from individual and corporate donations and foundations. These funds support mental health services for those who cannot afford market-rate fees and support CFR's community partnership organizations.

Total Expenses
\$6,416,043

- 72% - Clinical: \$4,629,661
- 17% - Education: \$1,073,587
- 3% - Fundraising: \$208,532
- 8% - Management: \$504,263

OUR CLIENTS

Council for Relationships is a nonprofit organization that strengthens interpersonal connections through accessible, specialized, and expert individual, relationship, and family therapy, clinical training, and research. More than eighty therapists and psychiatrists provide counseling to individuals, couples, and families in-person and at eight locations in Pennsylvania and New Jersey. Additionally, seventy clinical interns provide counseling on a sliding fee scale.

Our Shared Impact

As a nonprofit, CFR reinvests its surplus revenue to offset the cost of providing care to clients who would otherwise be unable to afford mental health services while still ensuring competitive compensation for our clinicians.



71% Clients seen
by Staff

29% Clients seen
by Interns

49%



New clients in FY24

51%



Returning clients in FY24

Staff Psychiatrists

Michael Antzis, MD

Ingeborg K. Damstra, MD

Eric Devon, MD

Maura Dunfey, DO

Alexandra S. Macy, MD, MA

Jane Summers, MD

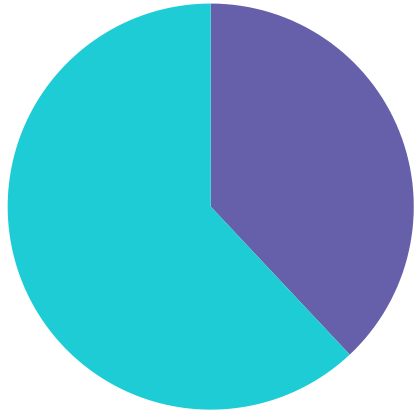
Jennifer Trinh, MD

Becky Wu, MD

**These are self-reported data from client surveys.*

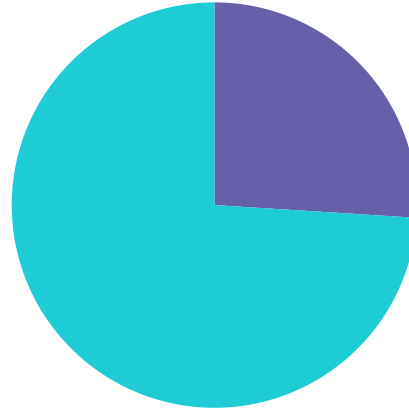
Who We Serve

Gender



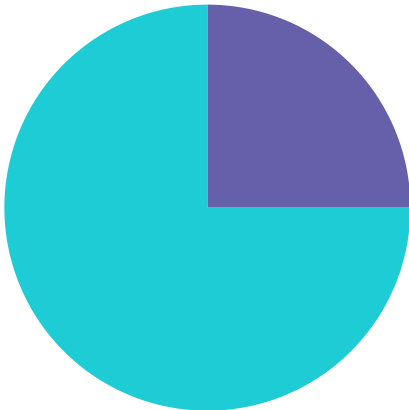
38% Male 62% Female

Racial Identity



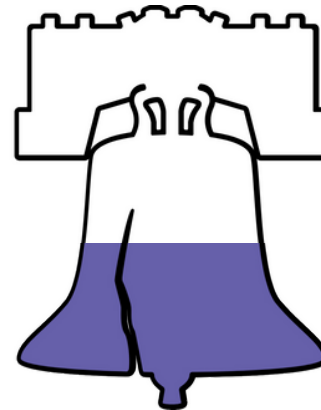
26% P.O.C. 74% White

Sexual Orientation



25% LGBTQ+

Serving Philadelphia



45% Clients Residing in Philadelphia

2,187

The number of new clients we welcomed over the past year.

**These are self-reported data from client surveys.*

PROGRAMS

Council for Relationships meets clients where they are. Everyone deserves to access the highest-quality mental health care, no matter who they are in our community.

Through CFR's unique and specialized programs, experienced therapists collaborate directly with community partners to address the mental health needs of those in our community. Read on to see how your support keeps life-saving programs like our Community Partnerships Initiative, Operation & Home & Healing, and Women's Psychological Health Services are helping those in need.



Community Partnerships Initiative

Provided life-saving mental health services to people facing homelessness or housing insecurities through a new partnership with Families Forward Philadelphia. The first CFR-embedded therapist began work with Families Forward Philadelphia's clients in March 2024.

Facilitated therapy groups for K-8 students in their after-school program through our partnership with the Honickman Learning Center (a program of Project HOME). Expanded our work with the students and staff of the Paul Laurence Dunbar School to now offer a whole year of programming and began leading on-site counseling services in addition to groups.

To meet the increased demand for trauma-informed mental health services, the CPI team added four additional CFR Staff Therapists.

829 hours of trauma-informed therapy provided to 230 individuals at no cost to them.

PROGRAMS



Operation Home & Healing

Provided financial assistance through OHH to cover over seven hundred therapy sessions for veterans and their families, no matter their discharge status.

Partnered with the Headstrong Project to offer affordable mental health treatment to those suffering from trauma.

Hosted our first 5K Miles for Mental Health fundraiser, bringing three hundred people together for this cause.

Extended outreach to the VA's post-9/11 Military2VA Program, offering support to veterans as they transition to civilian life. We are also expanding our services to reach Joint Base McGuire-Dix-Lakehurst and its nearby communities.



Women's Psychological Health Services

To meet the growing epidemic of parental stress, WPHS clinicians began developing a unique workshop for parents scheduled to launch in 2025.

We have added two additional CFR Staff Psychiatrists to our WPHS team: Drs. Becky Wu and Jennifer Trinh.

Continued internal clinician education and trainings on the unique mental health needs of women.

Through Postpartum Support International, WPHS clinicians have begun the process of becoming certified in perinatal mental health.

COMMUNITY TRAUMA RESPONSE

A transformative initiative designed to provide immediate and long-term support to communities across Philadelphia impacted by traumatic events.

Launched in early 2024, CFR's Community Trauma Response Program (CTR) addresses a variety of traumatic situations, from the impact of gun-violence on school children to the disruption of workplace relationships following the unexpected death of a coworker to the experience of vicarious trauma by first responders.

CTR people through the crisis and facilitate a pathway to healthy processing and resilience, strengthening organizations and communities.



We support people through crisis and facilitate a pathway to healthy processing & resilience.

OLDER ADULTS PROGRAM

CFR's Older Adults Program (OAP) offers therapy, training, and education for older adults, caregivers, and mental health professionals.

Launched in early 2024, OAP provides therapy services to individuals aged sixty and older. The program offers individual, relationship, and family therapy, along with group classes that address emotional stability during retirement, building relationships, coping with loss, and finding new purpose.

OAP also supports organizations through consultation and education, helping them provide culturally sensitive and effective therapeutic care to older adults. The program focuses on understanding elders' diverse needs and enhancing services to meet their psychosocial goals.



We support people in navigating the changes of aging, which include physical, relational, emotional, and spiritual. Many times, this work includes finding new perspectives, clarifying emerging priorities, and tapping into available sources of resiliency, joy, and peace.

EDUCATION

Since 1932, Council for Relationships has been training the next generation of Marriage & Family Therapists. This past year was no different.

Clinical Internships Program

Strengthening the Future: Clinical Internship Program Highlights

- **Celebrating Graduates:** In 2023-2024, 34 Master's level interns from schools like Thomas Jefferson University, Temple University, and the University of Pennsylvania completed our program, thanks to your support.
- **Specialized Training:** Donor contributions enabled students to gain expertise in areas like perinatal mood disorders and gender-inclusive intimacy, enhancing their clinical skills.
- **Hiring Success:** We hired three interns into full-time roles and one as a part-time staff clinician. Currently, 46% of our staff are proud graduates of our academic programs.
- **Enhanced Couple's Care:** Interns received Gottman Institute training in Relationship Check-Ups, elevating CFR's couples therapy offerings.

Professional Development

Your Impact on Professional Development

- **Engaging Events:** From September 2023 to June 2024, we hosted twenty-two virtual workshops with 453 participants, generating \$21,150 in revenue. Your support makes these opportunities for professional growth possible.
- **Trauma Conference Success:** Thanks to your contributions, eighty-three participants earned six CE credits by attending the 2024 Trauma Conference.
- **Grant-Driven Growth:** Thanks to a generous gift from the Hearst Foundation, we saw a 50% increase in staff and interns attending workshops—directly enhancing our care.
- **Reaccreditation Secured:** We successfully renewed our APA accreditation for another five years, ensuring our programs maintain the highest standards.

EDUCATION

Postgraduate Certificate Program

Empowering Tomorrow's Therapists: A Year of Growth and Innovation in our MFT Postgraduate Certificate Program

- **Celebrating Success:** Thanks to your support, two of our talented Postgraduate students and two participants in our Clergy Seminar completed their programs in June. These graduates are now equipped to bring critical mental health services to their communities, continuing our shared mission.
- **Welcoming New Leaders:** Your contributions helped us welcome three new Postgraduate students and one new Clergy Seminar participant. We are incredibly excited that two of these Postgraduate students are fully immersing themselves in the Clergy Seminar for the entire year, positioning themselves to make an even more significant impact. With your help, we are nurturing five future leaders across these vital programs.
- **Innovating Education for Greater Impact:** Your generosity has enabled us to invest in Populi, an innovative student learning platform. This innovative tool is already streamlining the educational experience, allowing our students to focus on what matters most: becoming compassionate, skilled mental health professionals.
- **Fostering a Supportive Community:** We are also strengthening communication between students and administration, ensuring every student feels supported throughout their journey. Through regular, meaningful engagement, we are building a nurturing environment that empowers our students to thrive.



In 2023-2024 we welcomed three new additions to our Professional Education team. CFR Staff Therapist Jamie Rose, MAC, LMFT (left), became the program's new Director, and Michelle Serious (center) became the program's new Academic Administrator. CFR Staff Therapist Mike Butera, LMFT (left), became our Coordinator of Clinical Internships.

MILES FOR MENTAL HEALTH 5K RUN & WALK

The inaugural event supporting mental health care for Veterans, active-duty military, and their families was a runaway success!

Over **\$40,000** was raised to support Veterans, active-duty military members, and their families access to therapy.

We had our first Miles for Mental Health Walk & Run to raise funds to support Operation Home and Healing (OHH), our therapy services for Vets, military service people and their families. It was a fantastic event with over 250 people registered, bringing together partners from throughout our community, in particular CertaPro Painters of the Main Line and the Rotary Club of Ardmore. We were all so joyful and inspired to be together and to uplift the mental health needs of this group of individuals!



DONORS & FUNDERS

Council for Relationships thanks the following foundations and businesses for supporting our efforts to increase access to the highest-quality mental health services for everyone in the Philadelphia region.

215Secure	Hilda and Preston Davis Foundation
Advanced Staging Productions	Main Line Mobile Veterinary Services
Ardmore Rotary Foundation	Mirror Image Media
Arlene R. Olson Charitable Foundation	NEFF
Austelle Foundation	OpenBox Athletics
Bader Philanthropies	Paul Davis Restoration of Greater Philadelphia
BCA	Pennsylvania Commission on Crime and Delinquency
beMarketing	Practical Coaching Solutions
Bethel AME Church of Ardmore	Ray's Appliances
Blinebury Design	Rod and Kerry Henkels Family Charitable Fund
Blue Tape Foods, LLC	Santa Fe Community Foundation
Dillon Family Dentistry	Sarah Ralston Foundation
Dolfinger-McMahon Foundation	SEOM Interactive
E. Rhodes and Leona B. Carpenter Foundation	Skylight
Evangelical Lutheran Church of the Resurrection	Stuart Leon Bicycle Crash Law
FirstService Corporation	The Benefit Doctor
Gibbel Kraybill & Hess LLP	The Daniel B. and Florence E. Green Family Foundation
Green Street Building & Design	Vanguard Charitable
H & H Commercial Services Inc	van Ameringen Foundation, Inc.
Hearst Foundation	Vesta Fund
	Wawa Foundation

Visit our website for a complete list of individual donors.





LOCATIONS

1. Philadelphia - University City
4025 Chestnut Street



2. Philadelphia - Center City
1800 JFK Boulevard



3. Bryn Mawr, PA
625 Montgomery Avenue



4. Wynnewood, PA
300 Lancaster Avenue



5. Blue Bell, PA
790 Penllyn Blue Bell Pike



6. Paoli, PA
219 W. Lancaster Avenue



7. Oxford Valley, PA
1 Oxford Valley Road



8. Voorhees, NJ
1000 White Horse Pike



BOARD MEMBERS

2023-2024

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- Dave Bricker, Vice Chair*
- Tonya Zweier, Treasurer*
- Jackie Zavitz, Secretary*

- | | |
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| Jim Carino | Stanley Muravchick, MD, PhD |
| Dr. Claudia Curry | Robert L. Perkel, MD |
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| Lisa Formica | Dr. Gary D. Williams, Sr. |

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