



Maria Droste Counseling CenterSM

Colorado's Center for Mental Health

2019 YEAR IN REVIEW



Maria Droste Counseling Center believes that people facing personal difficulties should be able to access counseling regardless of their ability to pay.

We are committed to serving others with enthusiasm, empathy, and humility as we assist in creating a place of peace, love and harmony within ourselves, our clients, and our community. We embrace and honor diversity in all its forms.

MESSAGE FROM THE CEO

2019 marks over **three decades of providing quality mental health care to Coloradans regardless of ability to pay.** In 2019, we kicked off our 3-year strategic plan, including growing our Board capacity and formalizing our volunteer program. With these supports shored up we are poised to realize our full potential because of our dedicated community members.



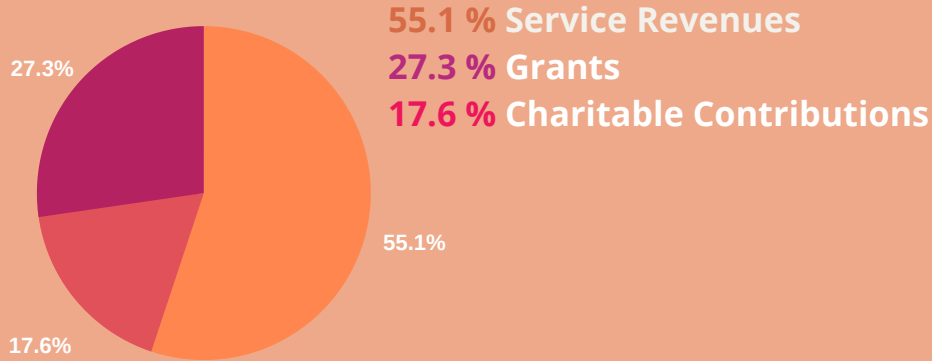
It has been amazing to watch the growth of this community and the ways in which we build on our foundation into the future. This year we deepened already-established connections, such as at the housing sites in which our therapists have been co-located, and launched new initiatives including SECO-WIN (Southeast Colorado Workforce Innovation Network) to define new fellowship expansion into rural Colorado.

In October of 2019, we were honored with the Excellence in Training Award from University of Denver's International Disaster Psychology program. We are proud to be recognized for our training model and hope to grow other aspects of our organization going forward. That's why in 2019 we prioritized agency-wide intercultural development assessments. This information was utilized to catalyze our Diversity Equity and Inclusion strategic vision in 2020.

As we look to the future of mental health care and the challenges posed by changes in the way we approach and deliver therapy, I see Maria Droste leading the way into a future of mental health care that is flexible and sustainable when and where our clients need it most.

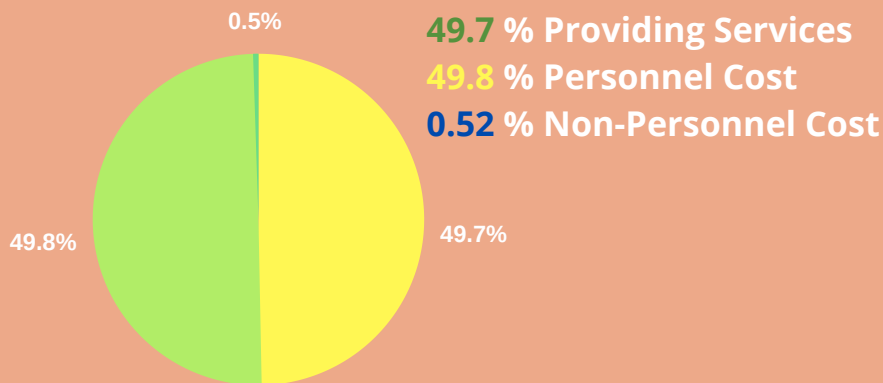
THE BIG NUMBERS

REVENUE SOURCES



1,870
individuals
served

USE OF FUNDS



18,639
Therapy
sessions

AN IMMEASURABLE IMPACT



I worked with a teen who felt suicidal on and off for a couple of years. We started doing an exercise that I call “imaginary vacations” to help him use his imagination to get relief from painful moments in his life. For example, he dreamed of going to Hawaii, so I asked him, “what would happen if we use our imagination to go there?” He replied, “I can do that?!”

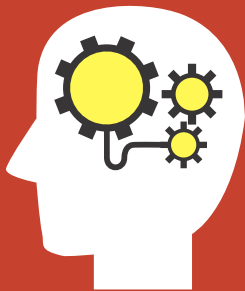
After a few months of practicing imaginary vacations, he uses them now when he can't sleep, when he gets angry, or when he gets in fights with his siblings. They help him to feel like he has an alternative to suicide. One where he uses his imagination to get relief instead of hurting himself. - Maria Droste Intern Therapist

OUR PROGRAMS



Children First

Our Children First program embeds mental health care into school communities by placing therapists in 20 contracted schools, so students can receive services where they learn.



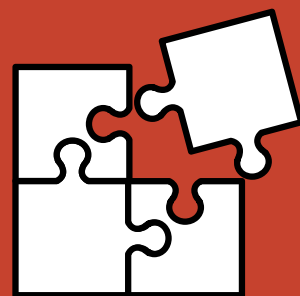
Clinical Training

We worked with 24 interns from 6 universities and 6 postgraduate fellows providing high-level training to the next generation of therapists, while expanding out reach to Coloradans needing counseling.



Integrated Care

The Integrated Care program partners to bring mental health care to the community settings where people live or receive services such as Mercy Housing, Rose Aodom Center, Mayfair Internal Medicine and Kavod Senior Life.



Options

Our Access Center matched over 422 clients in our home office with therapists who could best meet their mental health concerns, regardless of the client's ability to pay.

COMMUNITY ENGAGEMENT

Join us in 2021!

**9th Annual Golf
Tournament:
September 1st**



Spring Blossoms Gala



Outreach



Golf Event

Excellence in Clinical Training Award

***Awarded by University of Denver's
International Disaster Psychology
Program***



DU Recognition

2019 Board of Directors

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Tamara K. Vincelette, P.C.

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Colorado Access

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Aaron Oberg

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Cathy & Jay Reano

Becky Sharp & Claudia Grey

Michele Santi

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Susan & Paul J. Walker

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Paul S Mesard Family Fund

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