





## TABLE OF CONTENTS

Letter from our Acting CEO .....	Page 1
Executive Committee & Board of Directors	Page 2
Client-Facing Services & Programs .....	Page 3 -4
Clinical Training and Internships .....	Page 5
Technology Advancements .....	Page 6
Donor Impact (Financials) .....	Page 7 - 8
Legacy Society .....	Page 9 - 11

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MARIA DROSTE COUNSELING CENTER



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MARIA DROSTE COUNSELING CENTER



## Rooted in Community, Committed to Care

A Message from Our Board Chair

Mental health care in the United States presents significant challenges, with wide variations in accessibility, quality, and effectiveness across the country. According to Mental Health America's 2024 State of Mental Health Report, Colorado ranks 45th out of 50 states for adult mental health services. This alarming statistic highlights the urgent need for improved care and access. At Maria Droste Counseling Center (MDCC), we are dedicated to being part of the solution, ensuring that essential mental health services are accessible to all, irrespective of financial circumstances.



*Demetrius Parker, 2024 Board Chair*

It's often said that true care is revealed not in calm, but in challenge. At MDCC, 2024 was a year that reminded us of just how deeply committed our staff, clinicians, and leadership team are to the communities we serve.

This past year brought both exciting transitions and continued growth. Through it all, our mission never wavered—to provide accessible, high-quality mental health care with compassion, equity, and integrity. Our dedicated team approached each challenge with courage and heart, adapting with resilience while staying true to our core values.

Thanks to your continued partnership, we expanded our reach, strengthened our clinical training program, deepened our community partnerships, and enhanced how we deliver care. These collective efforts are already creating meaningful change—and on the pages ahead, you'll see how that impact has taken shape: in the lives touched, the sessions delivered, and the strides made toward a more inclusive mental health landscape.

As we look to the future, we remain grounded in our vision: to be a place of healing, learning, and belonging for all. Thank you for walking alongside us in this vital work, your support fuels every step forward in making high-quality, compassionate mental health accessible for all.

With gratitude & best regards,

**“OUR COMMITMENT TO PROVIDING  
MENTAL HEALTH, REGARDLESS OF  
WEALTH, HAS NEVER WAIVERED.”**

- DEMETRIUS PARKER



# Maria Droste Counseling Center<sup>SM</sup>

*Terms are January - December 2024 unless otherwise denoted*

## **PRESIDENT & HR CHAIR**

### **Demetrius Parker**

Leadership & Organizational Development  
Consultant and Motivational Speaker,  
Trust Leadership Collective

## **VICE PRESIDENT**

### **David Telpner**

Sr. Business Development Manager,  
T-Mobile

## **TREASURER**

### **Taryn Watson (January - April)**

Commercial Relationship Manager,  
Community Banks of Colorado

### **Suzette Gasca (April - December)**

Commercial Portfolio Manager, Collegiate  
Peaks Bank Division of Glacier Bank

## **SECRETARY**

### **Yumi Perkins, MA, LPC**

Owner, New Fish Coaching

## **CHIEF EXECUTIVE OFFICER**

### **Michelle Wiley MA, LPC (January - June)**

Ex Officio, MDCC

### **Demetrius Parker (July - December)**

Leadership & Organizational Development  
Consultant and Motivational Speaker,  
Owner, Trust Leadership Collective

## **BOARD MEMBERS**

### **Akshat Patel**

Investment Associate, Partners Group

### **Beejan Mehrabani**

Founder of InHome Partners & Senior  
Insights Manager, Edward Jones

### **Bragg Hemme**

Healthcare Shareholder, Polsinelli

### **Lauren Wood, PhD**

Assistant Professor of Psychiatry,  
University of Colorado School of Medicine

### **Scott Worrell**

Managing Director, Newmark Knight Frank

### **Lenny Torres, LPC (January - June)**

Licensed Clinician



# Maria Droste Counseling Center<sup>SM</sup>

## 2024 Community Based Services & Programs

Our Children First Program embeds mental healthcare into school communities, so students can receive support where they learn. In 2024, we served a total of **19** schools, supporting a total of **263** students, ages 5 to 18.

Our Integrated Care Program brings mental healthcare into communities where people live or receive services to reduce barriers to mental healthcare. Through this program, we were able to reach **112** of people in the Denver Metropolitan Area, including older adults and survivors of domestic violence.

Through our Options Program we saw a rise in outreach. Our Access Center experienced an increase in clients interested in our various programs, resulting in **8,298** session hours for our Options Program alone.

We continued to improve and expand our Survivor's Mental Health Program (SMHP) and were able to provide **458** grant-covered sessions to this population.

### NUMBER OF 2024 CLIENT SESSIONS AT A GLANCE

Children First: 3,118  
Integrated Care: 978  
Options: 8,298  
SMHP: 458

**TOTAL: 12,852**

*\*Data represents unaudited statistics  
based on electronic health records\**

### PROGRAM PARTNERS

Ashley Elementary  
Bryant-Webster Dual Language School  
Colfax Elementary  
Denver Center for 21st Century Learning  
Dora Moore  
Doull Elementary  
DSST College View High School  
Embark Education  
Highline Academy (Northeast Campus)  
KIPP NE Denver Leadership Academy  
KIPP NE Denver Middle School  
KIPP Sunshine Peak Academy  
McAuliffe Manual Middle School  
Montclair School of Academics and  
Enrichment  
Montessori Academy of Colorado  
Montessori Children's House of Denver  
at Park Hill  
Renaissance Montessori  
Cory Elementary  
Commerce City Community Campus  
Kavod Senior Life  
Rose Andom Center  
Housed, Working, and Healthy



## Random Sampling of 2024 Client Satisfaction Surveys

MDCC aggregates Client Satisfaction Survey (CSS) data to ensure anonymity for our clients. The 2024 CSS indicated that **95%** of clients are very or mostly satisfied with the services received agency-wide and **100%** of clients in our Options program, which houses the Survivors Mental Health Program (SMHP), reported that they were satisfied with their therapist and the services that they'd received. Additionally, 97% of clients in the Options program reported that the quality of services received was "good" or "excellent".

The 2024 CSS also asked clients to describe the quality of their experiences. Responses to the question, "What was most important to you about the therapy services you received?" from surveys distributed in 2024 include the following:

"That our son connect with his therapist and gets comfortable enough to open up and trust them."

"Certain gender and cultural identities in my therapist were important, as well as a space where I could process and be validated and challenged."

"That my therapist has both lived experience and ongoing training and engagement in furthering her training and skillset, she is the best."

"Quality of counselor training is superior. "

"My therapist being a woman of color who is also culturally competent. She understands how power, privilege and oppression works. This helps me because it supports in identifying what I can control (my reactions) vs. what I can't (the system)"

"Telehealth is very convenient and day and time available was important for family therapy. "



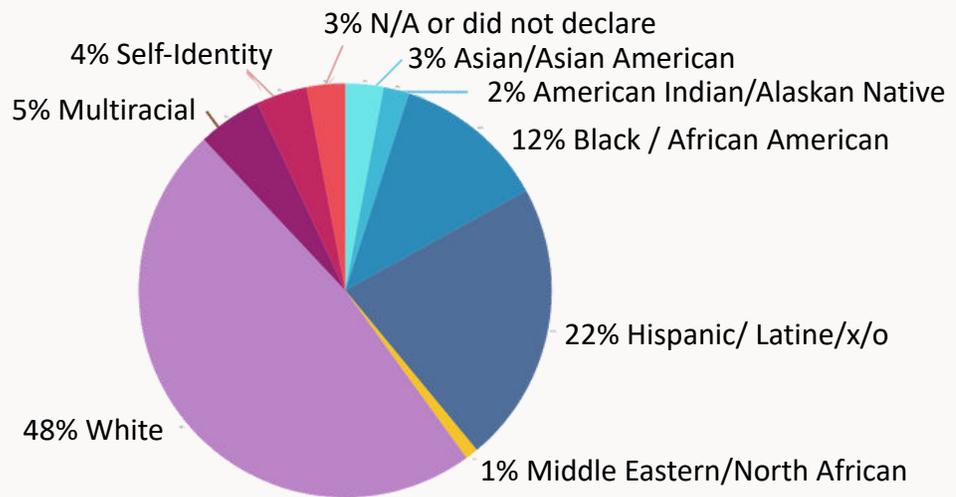


# 2024 Demographics

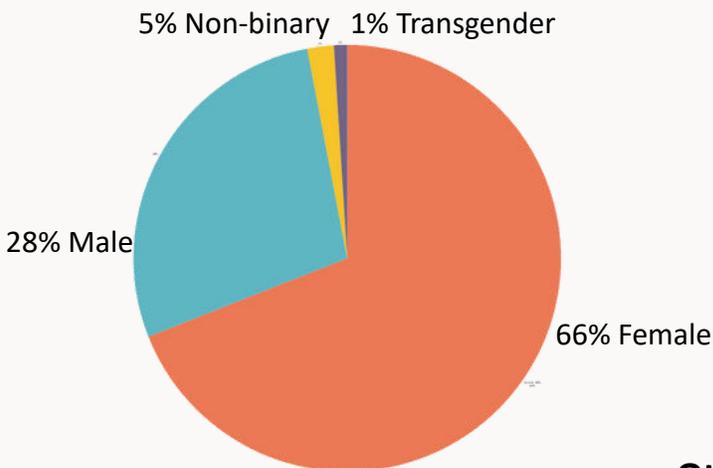
Maria Droste Counseling Center is dedicated to providing clients with the best possible care while respecting the dignity and individuality of each. We strive to ensure that counseling services are accessible to, and inclusive of, underserved populations in the community. We are committed to fostering a culture of inclusiveness that values individual differences and provides all clients with fair treatment and equal opportunities to reach their goals.

As previously mentioned in the report, we implemented a new Electronic Health Record system three months prior to the year's end. To ensure accuracy, we have excluded data from this last quarter to prevent any inflation of our figures.

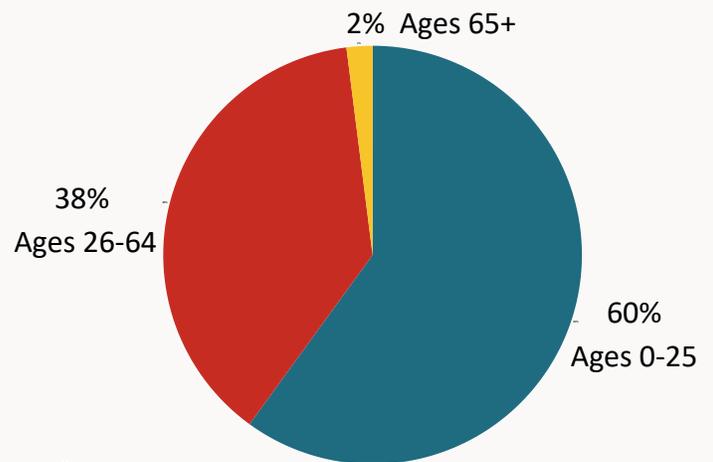
## Ethnicity/Race



## Gender



## Age



## Other Categories

- Unhoused Individuals: 4%
- Refugees/Immigrants: 5%
- Individuals with disabilities: 17%
- LGBTQ+: 20%



# Maria Droste Counseling Center<sup>SM</sup>

## Clinical Training, Internships, & Volunteers

Since 1994, the University of Denver, the University of Colorado, Naropa University, Regis University, Metro State University and more have been trusting Maria Droste with training hundreds of graduate students in their counseling degree programs.

In 2024, we worked with **33** interns from **7** universities and **12** postgraduate fellows, providing high-level training to the next generation of therapists through our Clinical Training Program.

Additionally, MDCC adjusted how we report our in-kind contribution from volunteers and Clinical Internship Training Program. The 2024 data below represents individuals in the process of earning a graduate degree in social work, counseling, and/or psychology under supervision provided by MDCC clinicians.

### CLINICAL INTERN WORK HOURS

TOTAL NUMBER OF SESSIONS: 3,304

TOTAL VALUE OF SERVICES: \$76,979

### 2024 University Partners

Metropolitan State University of Denver  
Naropa University  
Regis University  
University of Colorado  
University of Denver  
University of Northern Colorado  
Walden University



*2023 - 2024 Clinical Training Team*

### VOLUNTEER SERVICES WORK HOURS

We paused our volunteer outreach efforts to allow internal focus. Despite, the pause, we still had **8** individuals volunteer their time and expertise, which is indicated in the figures below.

TOTAL NUMBER OF DONATED HOURS:  
10,783

TOTAL VALUE OF IN-KIND SERVICES:  
\$663,502

*\*Data represents unaudited statistics based on electronic health records\**



## Advancing Technology and Enhancing Access

In mid-2024, Maria Droste Counseling Center introduced a new, cloud-based Electronic Health Record (EHR) system for our clients and clinicians. Primarily funded by the American Rescue Plan Act (ARPA) Home & Community Based Services (HCBS), this innovative EHR portal significantly enhances and expands access to behavioral health services. By implementing this new system, it empowers our clients to navigate scheduling and treatment more effectively using digital tools. Additionally, it helps ensure that providers can access clients effortlessly, free from VPN restrictions and slowdowns.



### Translation and Interpretation Services

Recognizing the importance of seamless communication, our clinicians offer a blend of in-person and virtual behavioral health services. To ensure we meet this need effectively, we've not only upgraded our technological infrastructure but also established exciting new partnerships. At Maria Droste Counseling Center, we believe in culturally responsive services for all.

In an effort to create better language access, we partnered with Jeenie for on-demand interpretation services. We also joined forces with the Spring Institute for Intercultural Learning who offer comprehensive translation services. This collaboration with the Spring Institute has enabled us to make our electronic health records, website, and various materials accessible in multiple languages, enhancing our reach and inclusivity.





## 2024 Financials

Maria Droste acknowledges that there may be discrepancies in how the data is represented or matches up to other data. As many are aware, we are currently undergoing a shift in model operationally and financially, along with a transition in their contractual supports. For this reason, we have sought to portray as accurate of a picture as possible in a timely way for this report. Please know that we will continue clearing up any inconsistencies and we hold the commitment to being a source of truth seriously. We appreciate your support in our growth and look forward to keeping partners updated as we become the next best iteration of the Center.

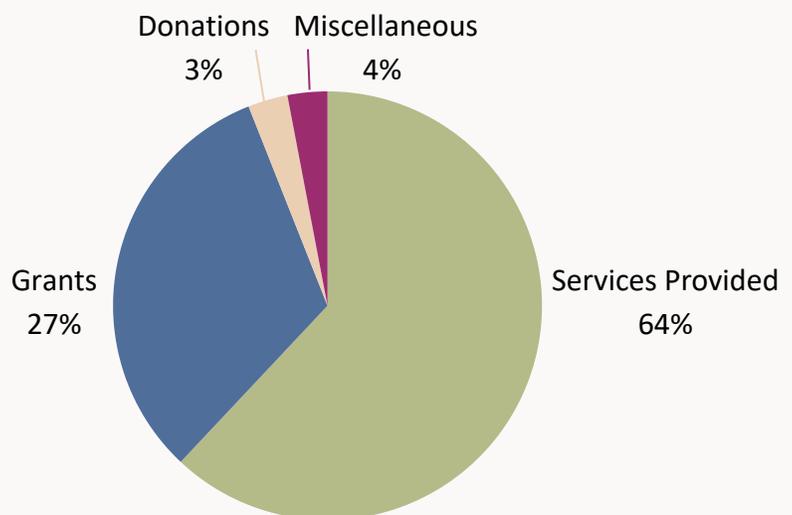
### DID YOU KNOW?

Our distinctive service and sliding-scale-fee model enables us to provide up to **5** counseling sessions for every **\$500** donation. This support goes to individuals who might not otherwise be able to afford it.



### Sources of Revenue

<b>Services Provided</b>	62%
<b>Grants</b>	32%
<b>Charitable Contributions</b>	3%
<b>Miscellaneous</b>	4%





# Maria Droste Counseling Center<sup>SM</sup> Grant Funding

Funding from grants help MDCC provide subsidized mental health sessions for clients with limited financial access, support stipends for interns and fellows, fund supervision and training for unlicensed clinicians, and sustain referral systems for clients navigating transitions.

Although each grant has its own particulars, every partnership is based on the understanding of providing mental health services to those in our community who otherwise would not be able to afford it. Funds confirmed help us provide various therapeutic programs such as:

**Children First:** Assists children and families facing adverse circumstances by providing counseling, mentoring, and support across Metro Denver Pre-K-12 schools. Counselors provide support to children ages 3-18 who are in crisis, at risk for school failure, or need more individualized attention than school counselors can offer.

**Outpatient:** Serves individuals, couples, and families who are unable to find assistance within the public mental health system and face additional barriers to care, including lack of adequate health insurance or sufficient income. To ensure access, Options uses a need-based, sliding-fee scale, with sessions offered for as low as five dollars.

**Integrated Care:** Co-locates behavioral health services at partner site, Rose Andom Center, in Metro Denver, minimizing barriers such as transportation, time, and cost.

**Survivors of Mental Health Program (SMHP):** MDCC provides mental health counseling, crisis intervention, and resource navigation to both adult and child survivors of trauma which may include sexual assault, childhood physical abuse, and domestic violence. SMHP therapists are trained in trauma-informed, culturally sensitive methods for effectively serving and treating these unique populations.





# Maria Droste Counseling Center<sup>SM</sup>

Colorado's Center for Mental Health

## Legacy Society

The Legacy Society was created to increase our donor engagement and highlight the importance of charitable contributions in making our mission possible. In response to a growing demand for services, we established The Linda E. McKinzie Endowment Fund in 2020. This fund continues to grow and will ensure counseling access will remain in perpetuity.

**Thank you to all of our donors for supporting our community!**

**Estate Society:** Reserved for those who have included Maria Droste Counseling Center in their estate plans and wish to leave a legacy as a mental health champion.

\*Linda McKinzie

\*Sue Kamler

**Century Society:** Reserved for individuals who have donated over \$10,000 cumulately to Maria Droste Counseling Center in the calendar year.

\*Catherine and Jay Reano

\*Nan Desu Kan

**Maria's Protectors:** Reserved for individuals who have donated \$1,000 to \$9,999 cumulately to Maria Droste Counseling Center in the calendar year.

Aaron Oberg

Alma Tisher

BOK Charitable Contributions

David Billmeier

Demetrius Parker

Dr. Joel Chapa

Dr. Jonathan Mann Psy.D.

Eulalia McKinzie

Evan Brunick

Jason Guerrero

Jennifer Bater

Jim Donovan

Karen Polzin

Larry Tobin

Lauren Wood Gallanis

Matt Chiodini

Michael Wakefield

Nancy Alterman

Nathan Werda

Patti Klinge

Robbie Redlin

Rollie R. Kelly

Russell K. and Susan Haskell

Seefried Family Fund

Susan and Paul J. Walker LMFT, CACIII

The Stafford Family Foundation

Yumi Perkins



# Maria Droste Counseling Center<sup>SM</sup>

Colorado's Center for Mental Health

## Legacy Society

**Maria's Supporters:** Reserved for individuals who have donated up to \$999 cumulately to Maria Droste Counseling Center in the calendar year.

Abel Behane  
Alex George  
Allan R. Brown  
Allen Pierce  
Alyson Cookes  
Alyson Slatkin  
Amber Abeyta  
Amber Shellenbarger  
Andrew & Estelle Drance  
Anita Koury  
Anne Hatcher  
Barb Rigel  
Ben Holley  
Bradley Conover  
Bryce Jones  
Bryon Geman  
Candace & Robert Frie  
Carrie Backes  
Cera Santistevan  
Chagit Gibor  
Cindy Altberger  
Claudia Crosse-Wynn  
Colleen McManamon  
Community Shares of Colorado  
Cymone Williams  
Danelle Herra  
David Telpner  
Destina Baca  
Diane Yule  
Edwin Bautista  
Elan Jones  
Elizabeth Black  
Eric Leskovar  
Eve Bowen  
Fran A. Schroeder  
Gary Pochynok  
Heather Rera

Dr. Howard Lambert Ph.D.  
Hunter Hook  
Ian Topelson  
Jean Greenberg  
Dr. Jeffery Maen  
Jeremy Devoss  
Joel Silverman LPC  
John Farrell  
John Moore  
Jon Thompson  
Joyce E. Radcliffe  
Justin Baltz  
Kara Lenhoff  
Kathleen Higgins  
Kathryn Jens  
Kathy & Stephen O'Leary  
Katie Winter  
Dr. Ken Krause MD  
Kenji O. Chapa  
Kevin Dempsey  
Kim Fitzgerald  
Kim Stromgren  
Kristin Battenfield  
Lauren Mast  
Leah Miller  
Leonard Torres  
Leonardo Bermudez  
Linda Brown  
Linda Garcia  
Dr. Linda Reinstein M.D.  
Lisa Engbar  
Lori Crane  
Mac McGinnis  
Dr. Margit Cox Henderson Ph.D.  
Marilyn Wholey  
Mark Upshaw  
Mary Brooks  
Mattson Smith

Michele Delpo  
Michele Santi  
Mike Cassano  
Molly Staton  
Nancy Kay Contizano  
Nathan Trojan  
Nicole Lohani  
Paige Wilson  
Paula Pacini  
Randy Unruh  
Rhonda Crossen  
Robert Jeffers  
Robert Southward  
Roberta Richardson  
Ryan McDonough  
Ryan Thurber  
Sara M. Kammer  
Sarah Clark  
Sarah Hite  
Scott Kempton  
Scott Larson  
Sharon Hwang  
Stephanie Adamson  
Stephanie Hayutin  
Sterling Crowe  
Steve Shappell  
Dr. Stewart & Christine Nyholm  
Susann Gordon  
Suzann D. Ficco  
Dr. Suzanne Hamm  
Suzette Gasca  
Tammy Hayutin  
Tim Wadle  
Todd Larabee  
Troy Blessing  
Valerie Principe  
Wendy Klein