



FOR 44 YEARS, OPENING DOORS TO

counseling,
renewal &
education



DES MOINES PASTORAL

COUNSELING CENTER 2015 ANNUAL REPORT

BURT'S STORY



Every individual who enters our doors brings with them a complex mix of pain and resilience. To give you an idea of the life scenarios our clients face, we offer the story of one person: Burt.

Burt is a 70-something man, an interesting blend of jovial and introspective. He should be enjoying his golden years with his wife. Instead, he is trying to make sense of the recent suicide of his adult son.

When he came to the Des Moines Pastoral Counseling Center for help, Burt was riddled with questions how he could have been a better parent. He believed he was responsible for his son's death and he considered ending his own life. He started seeing a staff psychologist for therapy. Almost a year after the loss of his son, Burt started to believe his son's death was not his fault.

"My counselor has moved me to a position of accepting that I did not kill my son," said Burt.

He no longer considers taking his own life. Burt said his counseling sessions prepared both him and his wife for a heartbreaking date: the one-year marker of their son's death. He misses his son tremendously. "I want to talk to my son one more time. But I can't."

Burt is still sorting things out, but his goal is to use what he has experienced to live a more full life. His natural tendency to assist others stands strong, the reason why he shares this story.

Note: Burt is a changed name to protect client privacy. The image is a stock photo. For more on Burt's story, please visit www.dmpcc.org/Burt.

A MESSAGE FROM THE EXECUTIVE DIRECTOR AND THE BOARD PRESIDENT

We were founded in 1972 with a small staff and a big vision: to provide quality counseling respecting the values and faith of each client. It is amazing to consider our growth from a staff of one clinician to 26, serving more than 2,400 individuals annually. Every day people walk through our doors with heavy burdens. (For example, read Burt's story on the opposite page.) We continue to be honored to meet the complicated needs of our clients through a broad range of services and programs. Some highlights from 2015 include:

- 23,945 hours of counseling were provided.
- 1,845 psychiatry sessions were provided.
- 2,472 clients were served, a nine percent increase from previous year.
- 60 percent of clients were girls and women.
- 35 percent of our clients utilized our sliding pay scale, made available by generous donors.
- 75 community members were trained in suicide prevention skills.
- 12,091 hours of consultation were provided, mainly through the Center's Leadership and Spiritual Life programming.

As we enter our 44th year, we remain committed to opening our doors to children, adolescents, adults, couples and families who seek psychological services. And we remain thankful for your support. Because of you, we will continue to provide excellent services to the community including those who are vulnerable or underinsured.

With gratitude,

Ellery H. Duke
EXECUTIVE DIRECTOR

Susan Voss
BOARD PRESIDENT



OUR MISSION

The mission of the Des Moines Pastoral Counseling Center is to bring understanding, hope and healing to people of all ages through counseling and education.

In 2015 we served 2,472 individuals including children, adolescents, adults, couples and families, through comprehensive clinical services including counseling, psychiatry and psychological testing.

Our multidisciplinary staff applied a broad selection of therapeutic methods according to the specific needs of each client. We offer brief descriptions of just a few approaches here.

Psychiatry



Our in-house psychiatry team, Dr. Geoffrey Hills, D.O. (psychiatrist) and Susan Koehler, PA-C (psychiatry physician assistant).

In 2015, the Center provided more than 1,800 sessions of psychiatric consultation and care. We offered a full range of psychiatry services treating children, adolescents and adults with mood disorders such as depression and bipolar disorder, anxiety disorders, attention disorders, thought disorders and more. The psychiatry team also collaborates with our full roster of counseling staff to provide efficient consultation so that clients who need medication and/or medication adjustments can be served with efficiency.

“Awesome people changing lives!”

2015 TEEN CLIENT SURVEY

Graduate Psychotherapy Training

While not a therapeutic approach as such, we do take seriously our role in preparing clinicians of the future. Five graduate students participated in the Center's clinical training practicum in 2015, coming to us from Drake University, Fielding Graduate University, Iowa State University and the University of Iowa. Launched in 1980, our clinical training program was designed for students completing graduate level programs in mental health fields who seek an intensive psychotherapy training experience.



We are proud to have helped prepare an estimated 110 students for professional clinical careers in the past 35 years including the three students pictured here along with Christine Dietz, Ph.D., the Center's Director of Clinical Training. Photo (L-R): Dr. Dietz, Caitlin Anderson, Falesa Ivory-Horton and Andrea Severson.

Children Overcoming the Obstacles of Life (COOL)

Every year we serve up to 800 children and adolescents through a unique approach we've developed called, COOL (Children Overcoming the Obstacles of Life). COOL is an experiential approach to counseling that integrates play, art and physical movement to help young people communicate their inner life.

Mask-making is one example of a therapy technique utilized by the Center's COOL counselors. Because a mask has an outside and an inside, young ones are presented with a tangible way to explore the persona they reveal and the persona they conceal by decorating both sides of the mask. In describing their artwork to their therapist, children and adolescents might say:

“On the outside people see me as happy and funny.”

“On the inside I hide my fear that things will not get better.”



A skilled therapist utilizes the mask-making exercise to help process traumatic events and painful feelings. This photo depicts some of decorated masks on the wall in the COOL section of the Center's building.



Biofeedback therapy occurs in the comfort of a therapy room, as demonstrated by Caitlin Anderson (L), graduate student and biofeedback intern, and Kathe Irvine (R) L.M.S.W., one of the Center's biofeedback clinicians.

Biofeedback Therapy

In 2015 the Center grew its capacity to provide new techniques in serving our clients, including biofeedback therapy. Biofeedback is a mind-body treatment that offers people an opportunity to observe their physical responses to conversation and questions. The Center's clinicians connect clients with simple biofeedback monitors to track and measure breathing, muscle tension and heart rate. The information is used to create a plan to restore health and well-being through awareness exercises, guided relaxations, audio recordings, video games, and home exercises. Biofeedback therapy is an effective strategy to address

“My counseling is my support and my lifeline.”

2015 CLIENT SURVEY



Leadership and Spiritual Life

The Center's Leadership and Spiritual Life programs provide courses and services for individuals, faith communities, pastors, professionals and others who seek to enhance career skills, deepen spiritual lives and serve in various forms of ministry both within and outside institutional structures. In 2015, the Center provided more than 12,000 hours of programming through ongoing workshops and services including:

- PrairieFire spiritual formation program
- Trauma Work as a Spiritual Practice workshop
- Pastoral Care Specialist training
- Spiritual Direction
- Church Assessment Tool (CAT)
- Psychological Evaluations

This is a partial list. For additional programs and services offered by the Center see the opposite page.

The Center's facilities are a comfortable place to host a variety of classes and meetings. Pictured here is a monthly workshop of the Congregational Leadership Series with guest instructor Twila Glenn presenting on organizational dynamics.



Organic Ministry, Cultivating Soil and Soul

In 2015 we implemented a new program to connect our mission with a real working family farm. Eight participants retreated monthly at Taproot Garden, an acreage outside of Des Moines, for discussion, reading and light farm work. The Center's facilitators guided participants in a consideration of "holy health" and the organic/ agrarian paradigm versus an industrial/ mechanistic understanding of practice of ministry.

"I was seeking a holy/ separate space to process, get dirty, and think about ministry in new ways. I have found that this past year."

2015 ORGANIC MINISTRY PARTICIPANT

Suicide Prevention Training

Through its Leadership and Spiritual Life programming, the Center trained 75 community members in 2015 to recognize and address the signs of suicide risk. The Center was pleased to collaborate with Polk County Suicide Prevention Coalition, American Foundation for Suicide Prevention Out of the Darkness Walks, Iowa Army National Guard and Aldersgate United Methodist Church to provide these workshops.

"The team was caring and effective ... the congregation was engaged by their invitational and non-threatening presence allowing their work to lead to spiritual renewal."

2015 CONFLICT TRANSFORMATION PARTICIPANT

Conflict Transformation Services

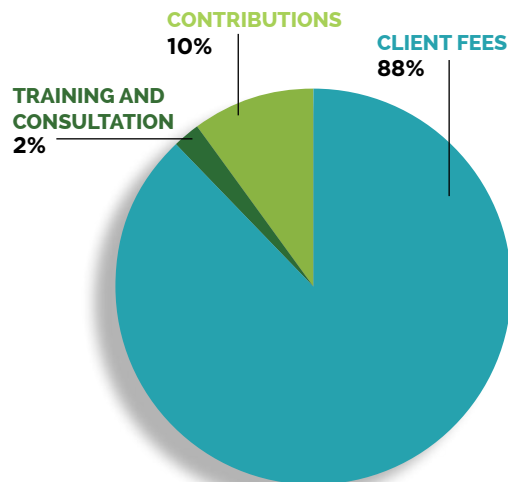
In 2015 we launched Conflict Transformation Services for congregations, non-profit organizations and businesses. Our team of experts brought expertise from collective fields of healing, law, ministry, business and social work to partner with groups who are experiencing conflict and seeking a neutral, outside resource.

Ethical Boundary Training

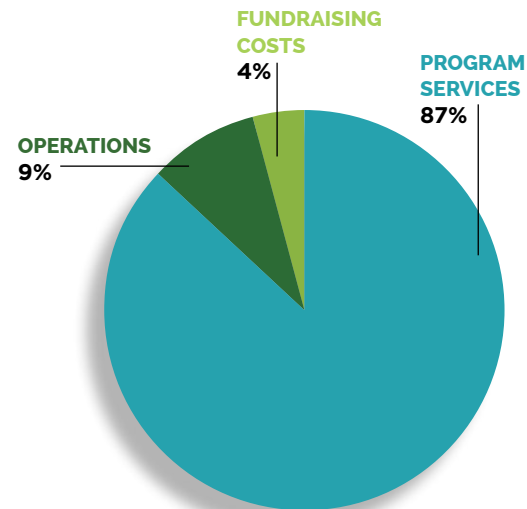
Ethical healthy relationship training is required for clergy in most denominations every three to four years. We offer this training on an ongoing basis at the request of denominational leadership. Two trainings were provided in 2015 with 58 participants.

The Des Moines Pastoral Counseling Center is committed to ensuring financial stability and sustainability.

2015 INCOME \$2.9 MILLION



2015 EXPENSES \$2.9 MILLION



- 87 percent of expenses were program related.
- 10 percent of income — almost \$300,000 — came from donations.
 - › The Center's signature event, the Women Helping Women Luncheon, raised more than \$120,000 to provide counseling services for vulnerable girls and women.
 - › More than \$9,800 was donated through the Center's #GivingTuesday campaign.
 - › The Center's endowment grew to almost \$400,000, helping to support programs and services that were offered at no charge.
- The Center is accredited by both the American Association of Pastoral Counselors (AAPC) and the Samaritan Institute, meeting rigorous professional standards for quality care.

“My counselor has helped open up doors that have changed me now and for the rest of my life!” 2015 CLIENT SURVEY



“Mental health is as important as physical health. To see the quality of counseling/therapy provided by the staff to people of all walks of life, income levels and need is amazing and uplifting.”

SUSAN VOSS / 2015 BOARD PRESIDENT

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Des Moines Pastoral Counseling Center
EXECUTIVE DIRECTOR



44

years, serving Central Iowa through counseling, renewal and education

2,450

individuals served

Up to **800** children and adolescents served (annually)



2/3 of clients served were girls and women

75 community members trained in suicide prevention skills

860

hours of psychological testing provided

23,945

hours of counseling and psychological testing were provided, a nine percent increase from the previous year

33 percent of our clients were referred by a physician or other health professional



957 hours of training, consultation and spiritual direction were provided, mainly through the Center's Leadership and Spiritual Life programming.

58 faith leaders participated in clergy boundary training

42 individuals graduated from PraiseFire

35 percent of clients utilized the counseling assistance fund

1 mission to provide opportunities for counseling, renewal and education



26

masters or doctorate-prepared counselors on staff

5 graduate students participated in the counseling practicum program

2 staff credentialed to provide medication prescriptive therapy—a psychiatrist and a psychiatry physician assistant





We are grateful to the following persons who made provisions for a Legacy gift to benefit the Des Moines Pastoral Counseling Center and its important work.



THANK YOU, JOHN MERRIMAN AND BARBARA BEATTY

John Merriman and Barbara Beatty made the meaningful decision to donate a Legacy gift to Des Moines Pastoral Counseling Center's endowment fund, continuing their longstanding commitment to the Center's mission. John served on the Center's foundation board of directors from 2005 – 2009. He and Barb supported the Center's Campaign for Hope and Healing with a major gift that helped build our new facility in 2010. John, a retired insurance executive, and Barb, a physician, have a son in college. Thanks to the ongoing generosity of this family, the doors of compassion will always be wide open for the community. Thank you John and Barb!



THANK YOU, DON CORDES

He was a generous man with a lavish vision: to help more people. Don Cordes was a loyal friend to the Des Moines Pastoral Counseling Center, giving his time, talents and treasure over several decades. As the retired CEO of Iowa Methodist Medical Center (1947–1983), he lent his considerable expertise by serving on the Center's board and foundation board for 17 years. He was dedicated to expanding and sustaining the Center's capacity to serve the community – providing gifts to the annual fund, launching the Center's foundation, and donating a major gift to the Campaign for Hope and Healing. Don Cordes died in 2014, but his vision lives on through a generous Legacy gift from his estate received in 2015. We are forever grateful.

THANK YOU, MEMBERS OF THE LEGACY SOCIETY

The following persons have made provisions to ensure the Center's future by including the Des Moines Pastoral Counseling Center in their estate plans. We extend our heartfelt gratitude.

Sandra and Paul Axness
Carla Cain
Donald W. Cordes*
Marsha and Ellery Duke
Betty J. Durden
Marian and Don Easter*
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and Diane E. Glass

Janice and John Mechem
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and Dr. Barbara Beatty
Kathy Reardon
Riley and Eloise Richards*
Janet and Lyle Simpson

*Deceased

Estates Received in 2015:
Donald W. Cordes

Legacy gifts, also known as "future gifts" or "planned gifts," help ensure the Center's mission lives on into the future. For information on how you might become a member of the Des Moines Pastoral Counseling Center's Legacy Society, please contact Kathleen Murrin, Director of Development at (515) 251-6644 or kmurrin@dmpcc.org.

WOMEN helping WOMEN 2015

THANK YOU TO THE PARTICIPANTS OF THE 17TH ANNUAL WOMEN HELPING WOMEN LUNCHEON

The doors of hope and healing were flung wide open on Friday, April 10, 2015, when more than 500 people attended the Center's 17th Women Helping Women Luncheon. Proceeds from the luncheon, which exceeded \$120,000, provided more a thousand hours of counseling for vulnerable women and girls. The annual luncheon was begun in 1999 and has raised hundreds of thousands of dollars in its 17-year history.

Thank you to everyone who attended and supported the 2015 Women Helping Women event. We gratefully recognize all Women Helping Women donors on pages 12–15 of this report. Additionally, we give thanks for the following Women Helping Women supporters:

Family Communications Associates
Iowa State Bank
Jewish Family Services
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New Leaf Wellness
The Iowa Clinic Women's Center
The Principal Financial Group Foundation
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We give thanks to all who supported the 2015 Women Helping Women luncheon, including our keynote speaker, Roxanne Conlin, (below right) for her commitment to equality, and our honoree, Dr. Linda Railsback, (below left) for her commitment to providing and protecting women's healthcare.



**THANK YOU TO FRIENDS AND SUPPORTERS
WHO DONATED TO THE CENTER IN 2015**

The following is a listing of all who gave between January 1 – December 31, 2015. We want to recognize everyone for their support with 100 percent accuracy. If we have inadvertently made an error, please contact the Des Moines Pastoral Counseling Center at (515) 274-4006 with concerns or corrections. Please note that all Women Helping Women donors are marked with an asterisk.

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- Psychiatric consultation and care
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