




FROM THE EXECUTIVE DIRECTOR

Butterflies are a big deal here at the Center. You might have seen the jars and racks of monarchs-in-progress all over our lobby during peak season. Guests and staff were awed to witness the tiny eggs transform to caterpillars to chrysalises to glorious winged creatures. The symbolism of renewal was lost on no one, least of all the children.

Like the butterflies, the Center's mission of hope and healing evolves according to life stage. Sometimes we give, sometimes we receive, oftentimes we do both. It is my privilege to join with you and to thank you for the many ways you continue to advance our shared mission, expressed in so many ways:

- donors, entrusting us with their gifts
- board of directors and volunteers, entrusting us with their time and talents
- staff, entrusting us with their expertise
- students, entrusting us with their curiosity
- clients, entrusting us with their lives

I welcome your ideas and conversation at any time. I offer thoughts of gratitude for you each day.

Sincerely,


James E. Hayes, D.Min., M.Div.
EXECUTIVE DIRECTOR AND SPIRITUAL DIRECTOR



to give and receive
HOPE
and
HEALING

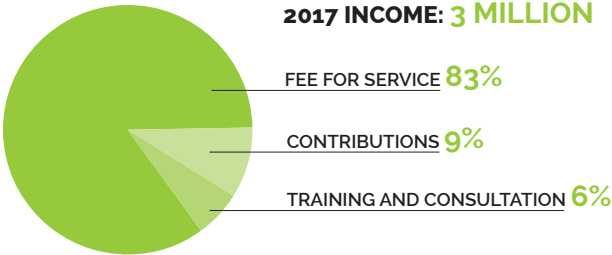
2017 annual report summary



to give
HOPE and

2017 HIGHLIGHTS

Launched Spanish speaking counseling
Added spiritual direction supervision services
Expanded capacity to serve veterans and their families
Started monthly support group for survivors of suicide loss
Offered the Rising Strong™ workshop, based on the research of Dr. Brene' Brown
Opened satellite center in the Drake neighborhood to serve immigrants and refugees
Trained regional psychologists on the inkblots testing method, Rorschach Performance Assessment

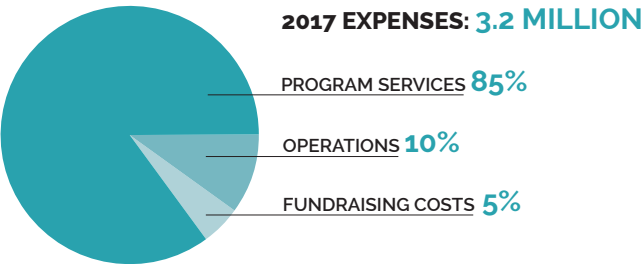


“Counseling is a gift accessible to most people who want to explore and transform their lives.”

to receive
HEALING

2017 BY THE NUMBERS

19,344 sessions of counseling
2,532 sessions of psychiatry
946 sessions of psychological testing
448 sessions of spiritual direction
190 sessions of holistic nursing
5,833 individuals served
645 children and adolescents, plus their families, served through C.O.O.L. (Children Overcoming the Obstacles of Life)
30 percent of clinical referrals from a physician or other health care provide
41 percent of clinical clients access sliding scale or assistance
5 graduate students, clinical training practicum
549 clergy trained in ethics and boundaries
101 individuals trained in suicide prevention and intervention techniques
2,527 participants in Leadership and Spiritual Life programs
145,000 dollars raised through the 19th annual Women Helping Women event





DES MOINES PASTORAL
COUNSELING CENTER

WHO WE ARE

MISSION

Founded in 1972, the Des Moines Pastoral Counseling Center brings understanding, hope and healing to people of all ages through mental health counseling and education.

VALUES

- Non-sectarian, not affiliated with a church or religion
- Mind-body-spirit approach, according to client preference
- Trust, respect and compassion
- High standards of professional care
- Access for all, regardless of insurance status

SERVING PEOPLE FROM ALL WALKS OF LIFE

- 40 percent of the Center's clients utilize the sliding pay schedule or client assistance fund, because they are low-income and uninsured or underinsured
- made possible through generous community support — 1,300 individual and corporate donors
- the Center is one of a few providers in the community who serve low-income populations
- all clients receive the same high quality services, regardless of their insurance status



"I am grateful to the Des Moines Pastoral Counseling Center for offering a safe haven with talented counselors to help me and others through the rough spots."

"I'm so glad you make counseling affordable to everyone."

KEY SERVICES

- Counseling, including specialized services for children and adolescents
- Psychiatry (medication management)
- Psychological testing and assessment
- Biofeedback therapy, healing touch, trauma sensitive yoga and other holistic approaches
- Professional development for clinicians, graduate students and the community
- Career coaching
- Mindfulness-based stress reduction (MBSR) training and other community education
- Leadership and Spiritual Life programs
- Spiritual direction, PrairieFire, Pastoral Care Specialists,
- Redefining Aging programs
- Suicide prevention and intervention training
- Ethical boundary training for clergy
- Conflict transformation and assessment for congregations, organizations and businesses

POPULATIONS SERVED

The Center served more than 5,800 individuals in 2017 through counseling and education. The Center serves children, adolescents, adults, couples, families, clergy, teachers, police officers, LGBTQ people, veterans, survivors of trauma, Spanish speakers, immigrants, refugees, families of addicted loved ones, people from all income levels and others.



C.O.O.L. (CHILDREN OVERCOMING THE OBSTACLES OF LIFE)

C.O.O.L. is the Center's specialized services for children and adolescents. Developed in 1999, the Center's COOL clinical approach integrates play, art, food, music, nature and physical movement into the therapeutic process. The Center serves up to 900 children annually, plus families.

"My children always look forward to their counseling sessions."

STAFF

The Center serves the community through a multidisciplinary roster of 28 licensed clinicians, all with masters or doctorate level education plus credentialing in their respective fields. To review individual staff profiles and headshots, please visit our website: www.dmpcc.org/staff.

COMMUNITY OF SUPPORT

As a nonprofit organization serving people from all walks of life, including those who are underinsured or uninsured, the Des Moines Pastoral Counseling is grateful for our broad base of community support. Our generous donor base of 1,300 private and public sources includes corporations, small businesses, foundations, congregations and individuals. A full listing of donors can be found online at www.dmpcc.org/donors. It is also available by contacting the Center's director of development, Terri Speirs, by telephone (515) 251-6670 or email: tspeirs@dmpcc.org.

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SOCIAL

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