



For Immediate Release

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The Des Moines Pastoral Counseling Center is awarded \$10,000 from Delta Dental of Iowa

➤ [Media kit at www.dmpcc.org/mediakit](http://www.dmpcc.org/mediakit)

July 17, 2018, Des Moines, IA – The Des Moines Pastoral Counseling Center (the Center) was awarded a \$10,000 grant from Delta Dental of Iowa, to support the Center’s mission to bring understanding, hope and healing to people of all ages through counseling and education.

“As a health and wellness company, we know overall health is more than your physical health, it is also about taking care of your emotional health,” said Jeff Russell, president and CEO of Delta Dental of Iowa. “We are proud to support the Des Moines Pastoral Counseling Center with this donation of \$10,000. Together we can make a broader impact on the health and wellbeing of our community.”

For more than 46 years the Center has served the community by providing high quality mental health counseling and education to people from all walks of life, including those who are underinsured or uninsured. Thirty percent of the Center’s referrals come from primary care physicians and other health care professionals.

“We are grateful to Delta Dental of Iowa for this tremendous show of community leadership so that children, adolescents and adults may access holistic approaches to health and wellness,” said Jim Hayes, executive director of the Center. “Our multidisciplinary roster of clinicians are exceptional in their respective fields, and our community is altogether stronger when everyone has access to innovative and effective services.”

The following client quotes offer a window into the importance of this gift from Delta Dental of Iowa, and the power of the counseling process:

When I come here my “scaries” go away. – 6 year old client

I finally found a place where I don’t feel like a freak. – 16 year old client

They told me I wasn’t alone. – 32 year old client

Counseling saved my life. – 67 year old client

To further demonstrate the significance of this award, a summary of the need in Iowa follows:

- Depression is common, serious and treatable. It is the most common concern that clients bring to the Center.
- According to the World Health Organization depression is the leading cause of disability worldwide, and is a major contributor to the overall burden of disease.
- Depression is the number one cause of absenteeism and loss of productivity in the workplace, according to the U.S. Substance Abuse and Mental Health Services Administration. At worst, depression can lead to suicide.
- Suicide is the second leading cause of death for ages 15 -- 34 years. Suicide is the third leading cause of death for ages 10-14 years. (Iowa Department of Public Health, 2017)
- 21 percent of parents of children ages two to 17 have been told by a doctor their child has autism, developmental delays, depression or anxiety, ADD/ADHD, or behavioral problems. (Kids Count 2018)

For more information about the Des Moines Pastoral Counseling Center: www.dmpcc.org

Who we are:

Founded in 1972, the Des Moines Pastoral Counseling Center (the Center) is a nonprofit organization with a mission to bring understanding, hope and healing to people of all ages through counseling and education. Through 28 multidisciplinary clinicians, the Center served more than 5,800 individuals in 2017, including 645 children and their families through the specialized services called C.O.O.L. (Children Overcoming the Obstacles of Life). Although known best for its 46 years of counseling, the Center also provides psychiatry, psychological testing, spiritual direction, clinical training, professional development, community education and organizational conflict transformation services. As a nonsectarian organization, the Center does not align with a specific religion or church and provides the same high quality of services to everyone who requests assistance. We deeply respect diverse ideas and beliefs, and serve people with holistic approaches. #